

WHAT ARE THE ESSENTIALS?

CORE PERFORMANCE®

- Just a reminder from Levels 1 & 2, the Core Essentials are: **Mindset, Nutrition, Movement & Recovery**—the 4 components of an integrated lifestyle system.
- This is **not** “just another” diet and exercise program or quick fix—it is a system for producing long-term positive changes that will lead to a healthier life.
- These guides will take you step-by-step through the Core Essentials, offering details on each.
- Let's get started with Levels 3 & 4!

Essential Icons:


MINDSET

RECOVERY

NUTRITION

MOVEMENT

Coaching Tip

Quick Tip


NUTRITION

If you follow these 4 easy rules each and every day, you will be on your way to optimizing your nutrition and your performance. You've already made great progress in Levels 1 & 2; now, it's time to ratchet it up a notch. And you're ready. . .

1 Make your MEALS & SNACKS.

- o Prepare your snacks and meals and take them with you to work.
- o The **healthier** your **environment**, the **healthier you** will be.



QuickTip: Keep snacks handy in your desk drawer, purse or briefcase.

2 Add a MULTIVITAMIN & FISH OIL **daily**.

- o Taking a good **multivitamin** every day will ensure that you are getting all the nutrients you need.
- o **1-3g** of fish oil **per day** is recommended by the American Heart Association to help decrease inflammation.

- o Food first, supplement second, but if your diet is not consistently providing for all your nutritional needs—take the multivitamin.
- o **Always check with your doctor before taking a new supplement.**

3 Eat FRUITS or VEGETABLES with each meal.



QuickTip: Fruits and vegetables provide natural forms of antioxidants, vitamins and minerals.

4 Drink a mixture of CARBOHYDRATE & PROTEIN **IMMEDIATELY** after your workout.

- o Recovery limits performance!



QuickTip: A combination of carbs and protein immediately after a game or workout will enhance muscle repair and refuel your body.



MINDSET

- **Core Performance™** is about being engaged—in the Core Performance™ Essentials workouts and also in life. It's about striving and thriving.
- If you feel bogged down by life, you'll suffer from ailments and become depressed; a sense of hopelessness or lack of purpose can be immobilizing.
- You need a **game plan** to handle the demands of life and to create energy; otherwise, you'll never lead the life you want to live.
- The **proper mindset** is essential to prepare you for everything that comes your way!
- Core Performance™ Essentials help you rewire your mindset so you can create positive change,

which involves **developing routines** and formulating **great habits** that will last a lifetime.

- As you do the Core Performance™ Essentials workouts in Levels 3 & 4, take pride in your **accomplishments, stay focused** on what inspires you, and **have fun!**



MOVEMENT

Movement Prep

- Once you've mastered Movement Prep, you will know the core movements you need to protect your body from the long-term wear & tear.
- Additional multiple benefits, including:
 - o increasing core temperature
 - o lengthening, strengthening, stabilizing and balancing muscle
 - o increasing coordination
 - o increasing tissue quality
 - o mastering core fundamental movement patterns
- Active Elongation vs. Static Stretching
 - o **Active Elongation**
 - Best to use before a workout or activity.
 - Movement Prep is an active and dynamic warm-up; it ensures your **muscles** are turned on and engaged, so they can deal with the demands of the upcoming activity.
 - o **Static Stretching**
 - Best to use post-workout or at the end of the day to help shut your body down for the day, **not before the start of an activity!**
 - Sends a message to the muscle: “Shut this tightness off,” which forces the muscle to release.
 - Elongates the muscle and connective tissue, while turning off the overachieving nervous system.
 - Long static holds create long-term changes in the fascia, **improving muscle balance and length.**

Prehab

- Reminder from Levels 1 & 2: **Prehab** exercises are done to **help prevent aches and pains** before they start. Benefits include:
 - o **protection from pain**—shoulder, lower back, hip and knee
 - o **development of balance, coordination, strength and endurance**—all necessary to function in everyday life
- Pillar Strength & Stability
 - o All movement starts from the center of the body, or the **Pillar**.
 - o In Core Performance™ Essentials, the pillar consists of the hips, torso, and shoulders; its alignment and function correlate to the health of our bodies.
 - o By incorporating pillar strength and stability into your prehab routine each day, you will reduce aches and pains and help increase your resistance to future risk of injury.



QuickTip: Try to work these areas beyond your workout routine; make it a habit to bring your **shoulders back and down** as if you're putting them in your back pockets; keep your **tummy tight** and **fire those glutes!**

Strength

Strength for Stability


- If you are only strong through half of your range of motion because of a **lack of stability or tightness**, your **risk of injury** is greatly **increased**.
- Core Performance™ movements are both efficient and effective:
 - o work your body on **multiple levels**
 - o require movement across **multiple joints**
 - o give you “big bang for your buck!”

Movement (continued)

- Multi-joint movements require a high degree of **stabilizing strength**; stabilizing strength is produced by the combination of small and large musculature that support the various joints in your body; together, they create a **foundation for movement**.
- Stabilizing strength is essential to solidify the **core fundamental movement patterns** needed to **perform at your best**—in life and in any activity you choose.

Strength-Training Facts

- After the age of 25, we lose a pound of lean body mass each year; strength training increases your lean body mass, which is the key to a healthy physique.
- **For each pound of lean body mass, your body burns an extra 50 calories a day.**
- After a strength workout, your metabolism is elevated for a few days; low-level cardiovascular training only elevates your metabolism while exercising and during the hours immediately afterward.
- Strength training is not typically classified as an aerobic exercise; however, by elevating your heart rate throughout the workout, you will attain aerobic benefits—enhancing your strength, endurance and body composition.

 **QuickTip:** The **Core Performance™** Strength circuit increases the number of muscles recruited, optimizing blood flow and releasing beneficial hormones.

Energy Systems Development (ESD)

- **Did You Know?** According to a study supported by the National Heart, Lung and Blood Institute, cardio-respiratory fitness in early adulthood significantly decreases the chance of developing high blood pressure and diabetes—both major risk factors for heart disease and stroke.
- **Running Mechanics**
 - Running can place significant stress on your body; each time your foot hits the ground, a force up to 7 times your weight can be transmitted through your body.
 - If you have poor running mechanics, the cumulative trauma could be devastating; it's like driving a car that's slightly out of alignment for a few thousand miles—eventually, it's going to break down.
- **Benefits of Interval Training:**
 - Gives you more energy
 - Burns more calories
 - Keeps you motivated
 - Increases your cardio strength
 - Increases your metabolism

Coaching Tips:

- **Run tall;** lengthen your spine by focusing on keeping the top of your head as far away from your tailbone as possible without tilting your head back; engage your core as you lengthen your spine.
- Point both feet straight ahead.
- Fire your glutes and quads.
- Don't forget to use your arms.
- You will be amazed at how fluid you will feel and the amount of speed you can maintain with less effort.
- Find opportunities to move and exert energy every day:
 - Elevate yourself—**take the stairs**.
 - Don't drive around for the perfect parking spot—**park at the back of the lot and walk**.
 - Walk briskly alongside the moving sidewalks at the airport.
 - Take advantage of the dozens of opportunities in front of you **every day to expend energy!**

About Core Performance™ Levels 1, 2, 3 & 4 Workouts

- To start, exercise 3 days a week (Monday, Wednesday, Friday) for 30 minutes at a time.
- If you have time to do cardio work on Tuesdays and Thursdays, make the most of those additional 30-minute intervals.


LEVEL 3 - GET STABLE


Goals

- More complex exercises are added to Movement Prep, all requiring more **balance stability, mobility and strength**.
- In **Prehab**, **rotary stability** and **rotator cuff** work is introduced.
- In **Strength**, the physioball is incorporated to further challenge stability, increasing **muscle recruitment** and **total body integration**.

Progress


- If you need others for motivation, have your training partner (whether he/she is with you or across the country and available only via phone or www.coreperformance.com) set the date, and go head-to-head to motivate and help each other reach new heights.

 **QuickTip:** Progress to the next **stage** when you successfully complete the prescribed number of circuits in the allotted time.

 **QuickTip:** Throughout level 3, continue to track your progress and celebrate every step you take.

ESD

- Level 3 ESD focuses on **increasing the work intervals** and **decreasing the rest intervals**.
- Don't be intimidated by more intense work—you'll be ready for it after completing Level 1 & 2 ESD workouts.

 **QuickTip:** Progress to the next **level** when you successfully complete Stage D with perfect technique in the desired time.

STAGE:	A	B	C	D
WORK: (Hard)	2 MIN	2 MIN	1 MIN	30 SEC
RECOVERY: (Easy)	2 MIN	2 MIN	1 MIN	3 MIN
NO. OF REPS:	3X	4X	6X	8X
COOLDOWN: 5 minutes				
TOTAL TIME:	20 MIN	24 MIN	20 MIN	16 MIN


CARDIO

Activities, including: walking/jogging, biking, swimming; also, cardio equipment such as treadmill, stationary bike, or elliptical trainer
WARMUP: 3 minutes


LEVEL 4 - GET STRONG!

Goals


- Challenge your body even further by adding **dumbbells** to **build strength**.


 **QuickTip:** There might be times when you won't have access to dumbbells; when that's the case, stick with Level 3.

Progress

 **QuickTip:** Progress to the next **stage** when you successfully complete the prescribed number of circuits in the allotted time.


- Congratulations! After completing Stage D, you have finished the Core Performance™ Essentials program.


 **QuickTip:** Progress to the next **level** by customizing your program at www.coreperformance.com.

 **QuickTip:** After each workout session, try to fit in some regeneration work (see pg.4) to help your body recover from all the hard work you are putting into your training and get you ready for your next training session.

ESD

- Level 4 ESD focuses on **high-intensity interval training**; this will require all your newfound **mobility, stability and strength**.
- **10–30 seconds** of **very-hard-work intervals** will be followed by **30–50 seconds of easy-recovery intervals**.

 **QuickTip:** To get the most out of the workouts, **pack as much power and energy** into these segments as possible.

 **QuickTip:** Redefining Strength! Strength training isn't just for bodybuilders anymore. Reduce injuries. Burn calories. Increase confidence. Move through life with a purpose—Get strong.

STAGE:	A	B	C	D
WORK: (Very hard)	10 SEC	15 SEC	20 SEC	30 SEC
RECOVERY: (Easy)	50 SEC	45 SEC	40 SEC	30 SEC
NO. OF REPS:	12X	12X	12X	12X
COOLDOWN: 5 minutes—make sure to Regen tonight!				
TOTAL TIME:	23 MIN	23 MIN	23 MIN	23 MIN

CARDIO

Activities, including: walking/jogging, biking, swimming; also, cardio equipment such as treadmill, stationary bike, or elliptical trainer
WARMUP: 3 min. easy cardio and 3 min. movement prep

LEVEL 3 - GET STABLE

MOVEMENT PREP (7 minutes)

STAGE:	A	B	C	D
NO. OF CIRCUITS:	1	1	1	1
REPETITIONS:	3 EA	3 EA	4 EA	5 EA

1 Hip Crossover



2 Lunge Stretch (Moving)



3 Handwalk



4 Inverted Hamstring (Backward)



5 Lateral Lunge (Moving)



6 Drop Lunge



PREHAB (8 minutes)

STAGE:	A	B	C	D
NO. OF CIRCUITS:	4 EA	5 EA	8 EA	10 EA
REPETITIONS:	12 SEC	12 SEC	16 SEC	20 SEC
SET TIME:				

1 Sumo Squat To Hamstring Stretch



2 Pillar Bridge Front (Wide Feet)



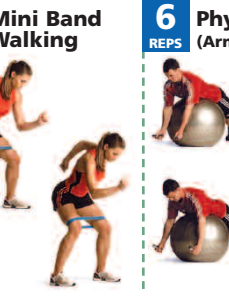
3 Pillar Bridge Lateral (Stacked Feet)



4 Glute Bridge (Marching)



5 Mini Band Walking



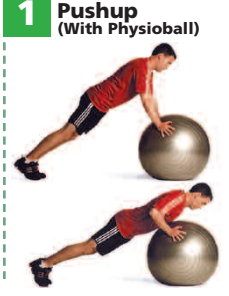
6 Physioball Ys & Ts (Arms Extended)



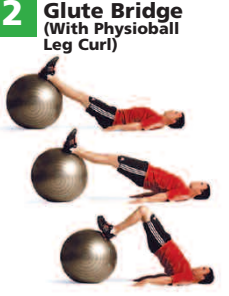
STRENGTH CIRCUIT (15 minutes)

STAGE:	A	B	C	D
NO. OF CIRCUITS:	1	2	2	2
REPETITIONS:	6 EA	6 EA	8 EA	10 EA

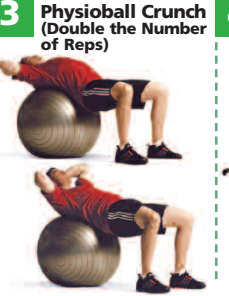
1 Pushup (With Physioball)




2 Glute Bridge (With Physioball Leg Curl)




3 Physioball Crunch (Double the Number of Reps)




4 Squat (Single Leg)



5 Standing Lift



6 Split Dumbbell Curl to Press



LEVEL 4 - GET STRONG

MOVEMENT PREP (7 minutes)

STAGE:	A	B	C	D
NO. OF CIRCUITS:	1	1	1	1
REPETITIONS:	5 EA	5 EA	4 EA	3 EA

Refer to photos in **Level 3 Movement Prep**, adjusting repetitions to that of **Level 4 Movement Prep**

1 Hip Crossover

2 Lunge Stretch (Moving)

3 Handwalk

4 Inverted Hamstring (Backward)

5 Lateral Lunge (Moving)

6 Drop Lunge

PREHAB (8 minutes)

STAGE:	A	B	C	D
NO. OF CIRCUITS:	1	1	1	1
REPETITIONS:	6 EA	6 EA	8 EA	10 EA

1 Physioball Crunch (Double the Number of Reps)



2 Pillar Bridge Front (Narrow Feet)



3 Pillar Bridge Lateral (Jumping Jack)



4 Glute Bridge (Knee Bent)



5 Mini Band Walking (Add Resistance)



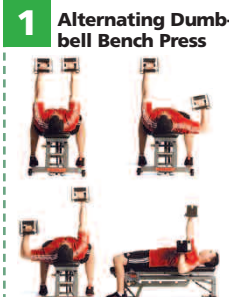
6 Physioball Ys & Ts (With Weights)



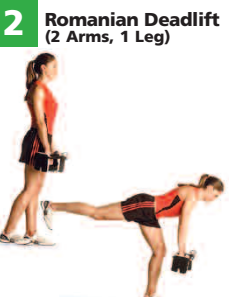
STRENGTH CIRCUIT (15 minutes)

STAGE:	A	B	C	D
NO. OF CIRCUITS:	1	2	2	2
REPETITIONS:	6 EA	6 EA	8 EA	10 EA

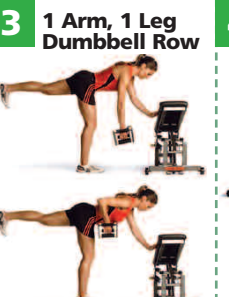
1 Alternating Dumbbell Bench Press




2 Romanian Deadlift (2 Arms, 1 Leg)




3 1 Arm, 1 Leg Dumbbell Row




4 Split Squat



5 Standing Lift (One Leg)



6 Alternating Split Dumbbell Curl to Press





Regeneration

Work + Rest = Success

- Just a reminder from Levels 1 & 2 that **regeneration** is a lifestyle philosophy, a recognition that you need to plan ways to recover—mentally and physically—in all areas of your life.
- “Regen” is crucial for the body to experience the gains it made by working out.
- It allows us to recharge our batteries and come back invigorated and stronger, ready to perform at even higher levels.

About Regeneration

- Remember to use it *along with* the rest of the Core Workout routine.
- 2 simple items—a foam roll and a stretch rope—help you achieve significant results.
- Plus, “regen” can be done while watching TV or before bed; don’t think of it as extra work, but, rather, as taking special care of yourself.
- Apply a pattern of rest and regeneration to balance all aspects of your life on a regular basis; the improvement to your quality of life is sure to amaze you.

Travel Tips

- Traveling can often be strenuous and tiring, both physically and mentally.
- Here are a few helpful tips to help de-stress your body and stay relaxed while on the road.
 - **Plan ahead!**
 - Pack a length of rope and a tennis ball in your bag; after a long day of travel, go through the flexibility and self-massage routine.

○ Movement Prep & Prehab

- These exercises do not require equipment, can be done almost anywhere, and doing them will leave you feeling revitalized and free from many of the aches and pains that you may normally suffer from after a long trip.

○ Hotel Workouts

- Take advantage of the hotel gym or swimming pool.
- Be sure to pack a pair of running shoes and active wear in your suitcase.
- Go for a walk outside and explore the area. Fresh air and sunlight can help reduce the symptoms of jet lag and leave you feeling re-energized.

[FOR EVEN MORE TRAVEL TIPS: QuickStudy® Core Performance Essentials™ – Workplace & Travel]

Get Some Rest!

- The body recovers and repairs when it is sleeping—try to get 8 hours of sleep per night.



QuickTip: When you do not get enough rest, you are more likely to get injured or become sick.

Active Recovery

- On non-training days, continue to participate in the physical activities you have always enjoyed, such as tennis, golf, or basketball.
- You’re not training, per se, but you’re getting the benefit of physical activity, and you’re having fun!
- Active recovery regenerates both the body and the mind.

Foam roll and stretch rope available at www.coreperformance.com

REGENERATION ROUTINES



Foam Roll Hamstring

① Sit on the floor and place a foam roll under the back of one thigh, with your other leg crossed. ② Roll over the foam, moving it up and down the length of the back of your thigh. If it is too sensitive, uncross your legs and roll both hamstrings at once. The more uncomfortable it is, the more that muscle needs to be massaged. ③ Hold your position on sore spots for an extended time to release the soreness, as if you were getting a massage.



Foam Roll Lats

① Lie on your side with a foam roll under your armpit. Roll from the side of your lower back up to your armpit. The more uncomfortable it is, the more that muscle needs to be massaged. ② Hold your position on sore spots for an extended time to release the soreness, as if you were getting a massage.



Foam Roll Upper Back

① Lie face up with a foam roll under your back. ② Hold your hands behind your head, with your elbows pointed to the sky. ③ Roll your shoulders down to the middle of your back and repeat. The more uncomfortable it is, the more that muscle needs to be massaged. ④ Hold your position on sore spots for an extended time to release the soreness, as if you were getting a massage.



Foam Roll Hamstring

① Standing with your shoes off, place one foot on a tennis ball. ② Roll the arch of your foot back and forth over the tennis ball. The more uncomfortable it is, the more that muscle needs to be massaged. ③ Hold your position on sore spots for an extended time to release the soreness. ④ Roll through different angles to cover entire arch completely, as if you were getting a massage.



Rope Stretch - Bent-Knee Hamstring

① Lie on your back, with your left knee pulled to your chest and a rope around your foot. ② Actively straighten your left knee as much as possible without letting it move away from your chest, pulling the rope above your head. It is OK if the knee is not able to straighten fully. ③ Give it gentle assistance with the rope until a stretch is felt, hold for 2 seconds, and then relax. ④ Repeat for prescribed number of repetitions.



90/90 Stretch

① Lie face up on the floor with your arms to your side, your left knee bent to 90 degrees, and your right leg crossed over the left. ② Roll over onto your left side, pinning a pad between your right knee and the ground. ③ While maintaining pressure on the pad and keeping your hips still, rotate your chest and right arm back to the right, trying to put your back on the ground. ④ Hold for 2 seconds and then return to the starting position. Repeat.

Core Performance™ is a trademark of Athletes' Performance, Inc. Content Copyright ©2008 Athletes' Performance, Inc. All rights reserved. All photos by David Zickl. Core Performance Essentials is published by Rodale Press and can be found at most major book retailers. For more information: www.coreperformance.com.

Disclaimer: This guide is intended for informational purposes only. Due to its condensed format, this guide cannot cover every aspect of the subject. This guide is not intended for the diagnosis, treatment or cure of any medical condition or illness, and should not be used as a substitute for professional medical, nutritional or rehabilitative care or as a substitute for professional exercise training. BarCharts, Inc., Athletes Core Performance, Inc., and their writers, editors, designers and staffs, are not responsible or liable for the use or misuse of the information contained in this guide.



6 54614 00791 9

Price: U.S.\$4.95

Customer Hotline: 1-800-230-9522

free downloads &
hundreds of titles at
quickstudy.com

Customer Hotline # 1.800.230.9522

All rights reserved. No part of this publication may be reproduced or transmitted in any form, or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system, without written permission from the publisher. ©2008 BarCharts, Inc. 1108

ISBN-13: 978-142320791-7

ISBN-10: 142320791-2



9 781423 207917

5 0495