

Core Training for Women

Tyler English, NASM-PES, CPT, presents...

Core Training for Women: 5 Secrets to a Sexy Core

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**Core Training for Women
5 Secrets to a Sexy Core**

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Tyler English and Core Training for Women



Photo: Norbert Torriente

Tyler English & Core Training for Women...



My name is Tyler English. I'm a Performance Enhancement Specialist (PES) and Certified Personal Trainer (CPT) by the National Academy of Sports Medicine (NASM). I am a lifetime Natural Bodybuilder and Professional with the World Natural Bodybuilding Federation (WNBF).

Core Training for Women is the system I have created over the past 7 years through trial, error and experimentation using scientifically proven research to help women burn belly fat as well as increase lean muscle and sculpt your abdominal muscles.

This information in the Core Training for Women report is for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Please let me know how you enjoyed your Core Training for Women workouts...

Please join me on my blog at www.coretrainingforwomen.blogspot.com

**Tyler English, NASM-PES, CPT
Creator, Core Training for Women
Core Training for Women, LLC.
COMING JANUARY 2009 www.coretrainingforwomen.com**

DISCLAIMER:

You must get your physicians approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Core Training for Women. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Core Training for Women, please follow your doctor's orders.

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Core Training Guidelines **(Sample Workout Structure)**

Follow these guidelines over the next 4 weeks. After 4 weeks you will need to change your program to a more advanced Core Training for Women exercise program.

Warm-up (use these bodyweight exercises)

Plank – 30 secs

Bodyweight Squat – 12 reps

Repeat 2x

Strength Workout

Perform 1st Exercise

NO REST

Perform 2nd Exercise

Rest 30-60secs

Repeat 3x

Bodyweight Circuit

Exercise 1

Exercise 2

Repeat 12 reps as many times as possible in 10 minutes (resting as needed)

Intervals

(see High Intensity Intervals)

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NUTRITION (SECRET #1): THE SIMPLE EQUATION

**IF YOU CONSUME MORE THAN YOU BURN DAILY YOU WILL GET...
BIGGER!**

**IF YOU CONSUME LESS THAN YOU BURN DAILY YOU WILL GET...
SMALLER!**

***WARNING* IF YOU CONSUME TOO LITTLE YOU WILL GET
BIGGER!**

You can lose body fat just through proper nutrition. In order to speed up the process it is important to continue on a structured resistance and cardiovascular program. Only and only through proper nutrition will your body see faster results when you consume the proper daily caloric intake.

MOVE MORE, EAT LESS!

BURN MORE, THAN YOU EAT AND DRINK! (Yes, many beverages include calories, better known as empty calories and they still count.)

YES, IT IS THAT SIMPLE!

There are many ways to begin to tackle your eating habits. There is only one way that will insure your success. Write everything you eat down! You need to be self-aware of what you are placing in your mouth. Some people will begin to count calories while others will eyeball what they consume. Your best way to see success is to write down everything you eat.

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Sample Meal Plan

Breakfast: (6am – 6:30am)

Protein Choices: *Choose One:*

- 2 whole Organic Eggs
- 1 egg + 3 whites

Vegetable Choices: *Choose One:*

- 1 cup sautéed spinach
- 1 cup cooked broccoli
- 1 cup steamed asparagus

Fruit Choices: *Choose One:*

- 1 green apple
- 1 cup Blueberries
- 1 cup strawberries

1 tsp Flax Oil

Snack # 1 (8am-9am) & Snack # 2 (3-4pm)

Protein Choices: *Choose One:*

- 2 TBSP Natural, Raw Almond Butter
- 1 oz Raw Almonds
- 1 oz Macadamia nuts
- 1 oz Raw Walnuts
- 1 oz Raw Pecans
- 2 hard boiled eggs

Vegetable Choices: *Choose One:*

- 10 Baby Carrots
- 1 sliced red, yellow, green pepper
- 2 cups broccoli
- Celery Sticks

Fruit Choices: *Choose One:*

- 1 green apple
- 1 pear
- 1 cup raspberries
- 1 cup strawberries
- 1 cup blueberries

Lunch (11am – 12pm)

Protein Choices: *Choose One:*

- 3 ounces of chicken (dark or white meat)**
- 3 ounces of turkey (dark or white meat)**
- 3 ounces of fish (tuna only 1 time per week)**
- 2 ounces beef or bison (93% lean)**

*Over a large salad that is made up of any of the following:
All lettuce except for Iceberg (It has no nutritional value)
Celery, Peppers, Cucumbers, Tomatoes.*

Vegetable Choices: *Choose One:*

- 1 cup cooked broccoli**
- 1 cup cooked cauliflower**
- 1 cup sautéed spinach**
- 1 cup steamed asparagus**

Dressing:

- Bragg Organic Apple Cider Vinegar**
- 2 tsp Extra Virgin Olive Oil or Flax Seed Oil**
- Spices (Celtic Sea Salt, pepper, Italian Seasonings, to taste)**

Dinner (6-7pm)

Protein Choices: *Choose One:*

- 3 ounces Turkey (dark or white meat)**
- 3 ounces Fish (tuna only 1 time per week)**
- 2 ounces Beef (93% lean)**

Carb Choices: *Choose One:*

- ½ cup cooked brown rice**
- ½ cup cooked millet**
- ½ cup cooked quinoa**
- ½ cup or 4 oz cooked sweet potato**
- ½ cup cooked beans (any variety)**

Vegetable Choices: *Choose One:*

- 1 cup broccoli**
- 1 cup cauliflower**
- 1 cup sautéed spinach**
- 1 cup steamed asparagus**

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Nutrition Tips

1. Keep a food journal **WRITE IT DOWN EXPECT SUCCESS!**
2. Start everyday with a balanced breakfast including at least 12 grams of protein, and no less than 5 grams of fiber.
3. Eat 5-6 meals a day. Planning your day will make this easier. **“WE DON’T PLAN TO FAIL, WE FAIL TO PLAN!”**
4. Eat every 3 hours until you go to sleep. This is a vital step to increasing your metabolic rate. Eating small meals more frequently will help you avoid a spike in blood sugar and control hunger.
5. Drink more water. Aim for half your bodyweight in ounces. Ex. 150lbs. = 75 oz
Water promotes a healthy liver, your body burns your fat cells through your liver.
Water will also help you control cravings by giving you a satiated feeling.
6. Be sure to get .8 grams of protein per pound of bodyweight. (Ex. 150lbs. = 120 grams of protein per day. Get your protein from lean protein sources like (chicken, fish, lean beef, egg whites and whey protein).
7. Consume more colorful fruits and veggies. (Blueberries, raspberries, strawberries, apples, oranges, broccoli, spinach, peppers, asparagus and so on and so forth!)
8. Eat high-fiber and low-sugar carbohydrates from whole grain sources (oatmeal, sweet potatoes, and multi-grain bread.)
9. Be sure to consume 20-30% of your daily intake from healthy fats. (Almonds, natural/organic peanut butter, walnuts, and cashews.)

10. Avoid eating out! It is impossible for you to know exactly how many calories are in something unless it is prepared yourself. When you do eat out control your portions!
11. Drink more green tea and less caffeinated beverages. Green tea is a healthy choice and can help you eliminate unwanted “empty” calories from juices and soda.
12. Get 8-9 hours of sleep per night to regulate hormone levels in your body.

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HIGH INTENSITY RESISTANCE TRAINING (SECRET # 2)

CORE WORKOUT A:

Superset 1:

A1: DB Squat & Press

12 reps

A2: Plank

30-60secs

***Rest 30sec between sets, repeat 3 sets**

Superset 2:

A3: Stability Ball Leg Curl

12 – 15 reps

A4: DB Renegade Row

6-8 reps (per side)

***Rest 60sec between sets, repeat 3 sets**

Superset 3:

A5: Jump Squat

12 reps

A6: DB Row

8-12 reps

***Rest 30sec between sets, repeat 4 sets**

CORE CIRCUIT A:

A1: Prisoner Squat

A2: Push-up

***Perform as many sets of 12reps as possible in 10 minutes**

***Finish Workout with**

INTERVAL A

CORE WORKOUT B:

Superset 1:

B1: DB Squat & Press

10-12 reps

B2: Stability Ball Knee-Tuck

20-30 reps

***Rest 60sec between sets, repeat 4 sets**

Superset 2:

B3: DB Split-Squat

6-8 reps (per side)

B4: DB or Kettlebell Swing

12-15 reps

***Rest 60sec between sets, repeat 4 sets**

Superset 3:

B5: Single Leg Bridge

20sec/side

B6: Med Ball Push-up

12 reps (6side)

***Rest 60sec between sets, repeat 4 sets**

CORE CIRCUIT B:

B1: “Y” Squat

B2: Spiderman Climb

***Perform as many sets of 12reps as possible in 10 minutes**

***Finish Workout with**

INTERVAL B

Weekly Schedule

Week One and Three:

Day 1: CORE WORKOUT A with CORE CIRCUIT A. Finish with Interval A.

Day 2: 30 minutes of activity or Core for Abs

Day 3: CORE WORKOUT B with CORE CIRCUIT B. Finish with Interval B.

Day 4: 30 minutes of activity or Core for Abs

Day 5: CORE WORKOUT A with CORE CIRCUIT A. Finish with Interval A.

Day 6: Rest or 30 minutes activity or Core for Abs

Day 7: FOOD PREPERATION

Week Two and Four:

Day 1: CORE WORKOUT B with CORE CIRCUIT B. Finish with Interval B.

Day 2: 30 minutes of activity or Core for Abs

Day 3: CORE WORKOUT A with CORE CIRCUIT A. Finish with Interval A

Day 4: 30 minutes of activity or Core for Abs

Day 5: CORE WORKOUT B with CORE CIRCUIT B. Finish with Interval B.

Day 6: Rest or 30 minutes of activity or Core for Abs

Day 7: FOOD PREPARATION

** An increase in resistance should be expected from Weeks One to Three and Weeks Two to Four. Ex. if you are using 8 lbs. dumbbells for 12 reps on Week One, you will increase to 10 lbs. dumbbells for 12 reps on Week Three.*

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HIGH INTENSITY INTERVAL TRAINING (SECRET # 3)

Fat Burning Interval A:

- 20 minutes
- Warm-up 2 minutes
- Start Intervals
- Sprint 1 minute
- Walk 1 minute
- Repeat 8 x
- Cool Down 2 minutes

Fat Burning Interval B:

- 30 minutes
- Warm-up 5 minutes
- Start Intervals
- Sprint 30sec
- Walk 90sec
- Repeat 10 x
- Cool Down 5 minutes

Remember, for beginners the Sprint may be a walk and for others the sprint may be a jog. The interval is to be performed at your own personal level. No matter the case the Sprint interval should be a 8-9/10 on your perceived exertion level with 10 being the hardest you can work. The walk should be a 3/10.

***Intervals are to be performed 3 times per week to supplement High Intensity Resistance Training and Core Training for Abdominals.**

CORE TRAINING FOR ABDOMINALS (SECRET #4)

These workouts are to be performed on “off” days, but no more than 2x per week.

Abdominal Workout A:

Plank

30secs

Mountain Climber

15-20 reps/side

Rest 30sec

Repeat 2-3x

Abdominal Workout B:

Side Plank

20secs/side

X-Body Mountain Climber

15-20 reps/side

Rest 30sec

Repeat 2- 3x

Abdominal Workout C:

Stability Ball Plank

30-60secs

Stability Ball Knee Tuck

12-20reps

Rest 30sec

Repeat 2-3x

Excess Post-Exercise Oxygen Consumption (EPOC) (SECRET # 5, THE TRUTH)

EPOC is the technical term used to describe the ripple effect that leads to increased caloric consumption for long periods after exercise. Increases in certain hormones during a Core Training for Women workout ensure these calories are fat calories, making the body a fat burning machine for hours and even days after activity. Climbing a flight of steps provides an example of EPOC. While walking up the steps, breathing is challenged, however it is not until the top is reached that breathing becomes most difficult. EPOC is representative of this phenomenon on a much larger scale. Since the amount of oxygen consumed is directly related to how much fat is burned, small increases in oxygen consumption added throughout the day lead to significant burning of fat. Since Core Training for Women has both a hormonal and caloric effects, it is able to deliver superior results in less time than most exercise programs.

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Exercise Descriptions

Plank

- Lie on your stomach on a mat.
- Raise your body in a straight line and rest your bodyweight on your elbows so that your body hovers over the mat.
- Keep your back straight and hips up. Keep (brace) your abs tight. Continue to contract them as if someone was about to punch you in the stomach, but breath normally.
- Hold this position for the recommended amount of time.



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Side Plank

- Lie on mat on your left side.
- Support your bodyweight with your knees and your left elbow.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was going to punch you in the stomach, but breath normally.
- Hold this position for recommended time before alternating sides.



Stability Ball Knee Tuck

- Start with your hands under your shoulders.
- Place both shins on the SB
- Bracing your abdominals
- Pull your knees into your abdominals
- Brace your abdominals and flexing your glutes (butt) return back to starting position and repeat



Spiderman Climb

- Start with your hands underneath your shoulders in a up push-up
- Moving only your leg step to the outside of your arm
- Brace your abdominals and flex your glutes as your return to starting position
- Repeat on opposite side



Mountain Climber

- Start in up pushup position
- Step in with one foot bracing abdominals
- Return to starting position and repeat with opposite side



Stability Ball Plank

- Start with your elbows shoulder width apart and on the ball.
- Lift your knees off the ground as you hover. Keep your hips up.
- Brace your abdominals and flex your glutes.



X-Body Mountain Climber

- Start in an up push-up position
- Hands underneath your shoulders
- Bring your opposite knee across your body and towards your opposite elbow.
- Flex your abdominals and return to starting position before alternating sides



Renegade Row

- Gripping the weights in an up push-up position
- Brace your abdominals and flex your glutes
- Keep your hips square as possible to the ground and row one arm and repeat the opposite side.



“Y” Squat

- Place your arms straight out so that your hands are higher than your shoulders
- Squeeze your shoulder blades like you are attempting to touch your two back hands together.
- Keep your feet straight and hip width apart.
- Push through your heels and squat down to your range of motion.
- Repeat



Stability Ball Leg Curl

- Start with your calves on top on the ball and your shoulder blades, head and arms on the ground.
- Flex your glutes and brace your abdominals
- Roll the ball into your body until your feet are flat on the ball
- Keep your hips up the entire time
- Return back to starting position



Prisoner Squat

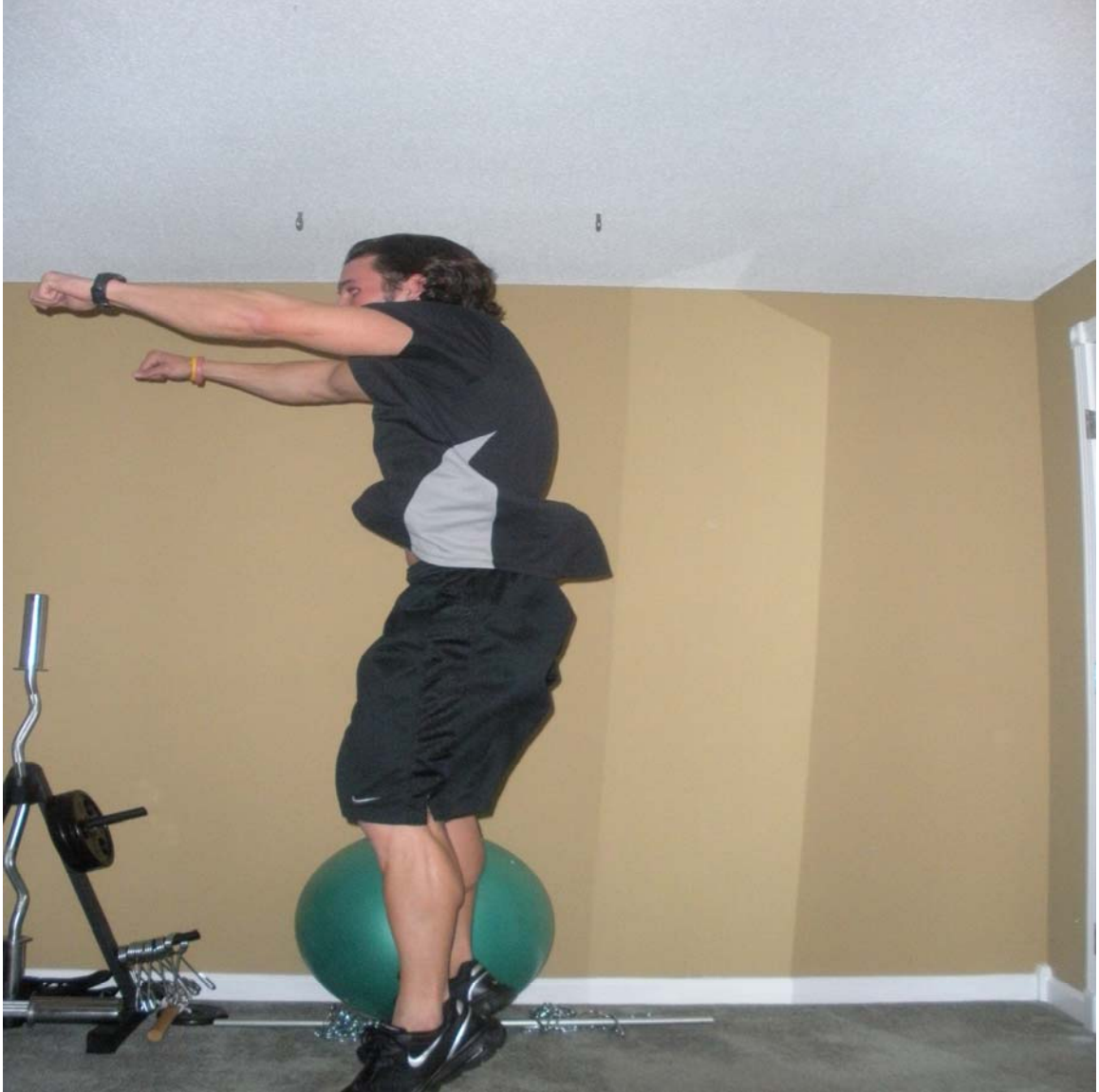
- Place your finger tips on the side of your head. Squeeze your elbows back.
- Brace your abdominals
- Keep your feet straight and hip width apart.
- Squat down to your range of motion



Jump Squat

- Squat Down with your arms straight out
- Keep your feet straight
- Brace your abdominals
- Explode up off your feet as fast as possible
- Land toe to heel landing back down in your squat
- Only jump to your max height





Single Leg Bridge

- Lie on your back with your feet 10 inches from your butt
- Push through your heels and flex your glutes
- Lift your hips so that they are in line with your knees
- Extend at one knee so your one foot is off the ground
- Flex your glutes and hold for designated time



Bodyweight Squat

- Extend arms straight out in front of you
- Push through your heels and flex your glutes
- Keep your abdominals braced as you return to a standing position
- Squat down to your range of motion



Dumbbell (DB) Split-Squat

- Standing with your feet hip width apart take a step forward
- Keep your weight on your front heel and your back heel off the ground
- Keep the weights back so that your upper back is squeezed
- Slowly lower your back knee straight down to the ground
- Push through your front heel and return up



DB Squat & Press

- Keep the DB off your shoulders
- Squeeze your shoulder blades back
- Flex your glutes and brace your abdominals
- Your feet remain straight and hip width apart
- Squat down with the DB over your shoulders
- Pause at the bottom
- In one motion push through your heels to a standing position as you press the DB up to the ceiling.
- Simultaneously lower and repeat



DB Swing

- Keep your feet straight and hip width apart
- Squat down keeping the DB between your legs
- In one motion brace your abdominals, flex your glutes and push your hips forward as you swing the DB until it is shoulder height.
- When it reaches shoulder height brace your abdominals and return back to your squat





MB Push-up

- With one hand on a MB in an up Pushup position
- Brace your abdominals flex your glutes
- Lower your body together
- Pause at the bottom and return up
- Repeat repetitions on other side



Push-up

- Start in up push-up position
- Brace your abdominals and flex your glutes
- Lower your body together bending at the elbows
- Pausing at the bottom
- Return to up position



DB Row

- While in an isometric (hold) squat keep the DB out in front of you
- Brace your abdominals and flex your glutes
- Pull the dumbbells back simultaneously while flexing your mid back and shoulder blade
- Lower the weight and repeat





Thank you for taking the time to read through this report. Take the time to follow the Core Training for Women guidelines and we will see you in January.

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Picture by: Reg Bradford

As Seen in *Exercise for Men Only, Natural Bodybuilding and Fitness*

Thank you,

Tyler English, NASM-PES, CPT

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