

RURAL FITNESS

FITNESS PROFESSIONAL AND MASSAGE THERAPIST

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5 WEEK, 5 MIN

BASIC AB/CORE ROUTINE

Beginners To Advanced

HAVE YOU EVER WANTED STRONG, TIGHT ABS AND CORE?

DO YOU KNOW YOUR WEAK IN THIS AREA?

DO HEALTH AND FITNESS PROFESSIONALS KEEP TELLING YOU TO GET GOOD AB AND CORE STRENGTH?

SO DO YOU KNOW HOW TO DO IT? The mistake most people make is they don't seek advice from an expert, they have no idea where to start and don't have the knowledge to build a productive and safe Basic Ab/Core programme/routine that WILL get results. This training can be challenging if you are very weak in this area so it has to be done very gradually.

My **Basic Ab/Core Routines** are designed to cater for the beginner right up to the advanced level. Developing you gradually over a period of 5 weeks in each level. Within 15 weeks you can go from weak and untuned to strong and looking far more sculpted.

As a Fitness Professional my main focus with clients primarily - is strength, all of my clients have good ab and core strength. These days people are just so weak, they focus too much on fat loss and not on muscle mass development. Ab and core strength is the bases for all movements, in our basic everyday lives and our chosen sport/training. To be strong in this area will eliminate back pain and stiffness, help hugely with posture, bad posture is often the root of a lot of aches and pains. Once strong you will then be ready to develop your body further in your chosen fitness/sport.

BASIC AB AND CORE STRENGTH HAS TO COME FIRST.

With over 20 years of experience and knowledge in ab and core strength and development I believe people were just unsure of where to start with this basic training, often jumping into advanced training too soon. Follow the week by week, step by step plan of these 5 week, 5 min Basic Ab/Core Routines, from Beginners to Advanced. Commit to being consistent in your training and you will feel and see the benefits.

Always seek medical advice before starting a training programme. Within this specific training your lower back will be challenged and strengthen but if you hold any significant lower back injuries or weaknesses these will need to be addressed before you commence with these Basic Ab/Core Routines. Working through my **'Back Strength and Maintenance Routine/Programme'** would be advised first. For people who are post-natal or post back or ab surgery please get the all clear from your health professional, as extra time to heal and care may need to be taken.

Once you have reached a good level in Basic Ab/Core Strength you will be ready to either step up to the **'Ultra Advanced Ab/Core Routine'**, **'Transverse and Oblique Routine/Programme'** and/or my **'Pure Core Routine/Programmes'**. Then the training really gets going and you will love it.

Get a plan and build up gradually. This training will be most beneficial built in with your everyday training (cardiovascular fitness, weight loss and whole body strength training) and good healthy natural nutrition.

To book on to the Programmes/Routines please visit my website www.ruralfitness.com.au. Where you can purchase my Beginners, Intermediate and Advanced Basic Ab/Core Routine.

Rural Fitness

Ab/Core Routine