

Total Body Core and More

A total body approach to core training gets rid of the outdated, isolated core exercises that don't lead to functional patterns for lifelong healthy movement.



You will find improved energy, less back and hip pain, a desire to be more active during the day, improved focus and better sleep.

You will not have any exercise anxiety around these workouts! You will feel an eagerness to move every day!!

This program is a perfect fit for you if:

- **You are ready to take an integrated approach to your core and pelvic floor from the inside out:** which means we attach a detoxing for weight loss component to the movement program.
- **You have been told by your doctor that you need to strengthen your core:** but you are not sure where to begin.
- **You are new to training and really need some structure and guidance:** to help you build a routine with some accountability.
- **You are ready to learn more about taking a functional approach to health:** but you are just not sure about one on one coaching yet.
- **You are trying to lose weight and keep getting injured running or in bootcamp classes:** and it is making you super frustrated because you need to move!

- **You have a regular workout program but really never felt quite right after having kids:** and you feel that you are not using your core properly.
- **You have a small diastasis from having a baby (no matter how long ago):** and you are not sure what you should be doing to make it more functional.
- **You have been told by your OBGYN to do exercises to strengthen your pelvic floor:** but you have no idea what to do.

This program is not right for you if:

- You are less than 6 months post-partum (I have a perfect program for you!).
- You have a significant diastasis and cannot properly tension the core (Reach out, I will share some resources)
- You have severe prolapse (bladder or rectal) and cannot manage pressure (Reach out, I will share some resources)

When you are moving well, you want to move more often which leads to better health including everything from weight management and blood sugar control to immune and gut health.

The only equipment required is a Pelvicore Pro. Follow this link to the [Pelvicore Pro](#).

****Choose your program based on your goals (incontinence, women's health or fitness athlete)***

Use code ASCOACH for your program specific discount.

[Purchase TBCM Here](#)

Here are the details for your Total Body Core and More journey!

- *This is a three month (plus two bonus weeks) Total Body Core and More program that gives you both the foundation and variety you need:* there is a strategy behind every workout in this program.
- *Two guided 25-30 minute workouts per week:* outcomes improve when you have two guided workouts and two self-directed workouts per week. ***That is 12 hours of workouts or 24 workouts plus 2 hours or 4 additional workouts.***
- *12 week habit building process to improve daily detoxification with one new tip every 3 weeks:* at the end of the 12 weeks you will have 4 solid habits to keep your body detoxifying daily! Daily detoxification leads to effortless reductions in body fat.
- *2 bonus weeks of bodyweight only workouts:* These 4 workouts will get you started on your journey as you wait for your Pelvicore to arrive.
- *A Pelvicore Pro:* this tool will help to retrain your core and pelvic floor to better handle pressure and help you reintegrate your core which means it will work better for you every day! (If you have a Pelvicore, you do not have to purchase a new one).
- *Let's Talk About Sourcing* E-book: this guide will help support your choices when it comes making lifelong changes to your diet.
- *Printable produce guide:* a handy guide to help you easily choose between organic and conventional produce.

- Access to Chantel Hutnan for DoTerra Essential Oils: you will have access to the amazing Chantel, a wellness consultant and licensed pharmacist to help you troubleshoot non-toxic beauty and cleaning products.

This program is for all fitness levels! No matter where you are with your training, it is always good to “reboot” your movement patterns and add variety with everything from intensity to direction of movement.

FAQ:

1. Will this program help get my core stronger?

Yes! A strong core is one that can manage pressure and withstand load. We also need our core to be integrated with the rest of our body and not work in isolation.

2. Do I need any equipment for this program?

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3. Will this program help with my incontinence?

This program is *not meant* to be an medical intervention to treat incontinence but it will help the muscles of the pelvic floor better respond to loads coming in and retrain your body to functionally respond better which will improve continence.

4. Can I do this program if I have prolapse?

If you have a prolapse and are being treated by a physical therapist, I recommend checking with your physician and therapist prior to beginning the program.

5. Can I do this program if I have diastasis?

Yes! If you have a small diastasis caused by pregnancy, no matter how long ago you had a baby, this program can help you. This program is NOT a therapeutic intervention intended to *treat* a large diastasis. (Please reach out to a Women's Pelvic Health PT if this is you)

6. What if I have not exercised in a long time, can I do this program?

Yes, you can scale this program and begin with the level of intensity that feels good for you. The beauty of a long term program like this is you will have time to see more progress.

7. What if I am an advanced athlete, can I still benefit?

Absolutely you can! The key is to know your intention with the program and what your goals are with it. Are you struggling with core and pelvic floor issues, then it is time to “reboot” your training.

8. This is a core program, why are we talking about detoxification?

Detoxification is a 365 day per year process. You need to support it every day. Impaired detoxification affects hormone production, connective tissue synthesis, energy production, nutrient absorption and ultimately risk of disease. It is the foundation of my Resilient Mama Method.

Modules

*Two new workouts will be released two non-consecutive days per each week

*Every three weeks, one new detox strategy will be released

*Every week, one new habit to reach the associated detox strategy will be released

Bonus week 1: Bodyweight only 1 and 2

Bonus week 2: Bodyweight only workouts 3 and 4

Detox strategy one

Week 1 Workouts 1 and 2

And habit 1

Week 2 Workouts 3 and 4

And habit 2

Week 3 Workouts 5 and 6

And habit 3

Detox strategy two

Week 4 Workouts 7 and 8

And habit 4

Week 5 Workouts 9 and 10

And habit 5

Week 6 Workouts 11 and 12

And habit 6

Detox strategy three

Week 7 Workouts 13 and 14

And habit 7

Week 8 Workouts 15 and 16

And habit 8

Week 9 Workouts 17 and 18

And habit 9

Detox strategy four

Week 10 Workouts 19 and 20

And habit 10

Week 11 Workouts 21 and 22

And habit 11

Week 12 Workouts 23 and 24

And habit 12

****End of program evaluation**

Your investment

PROGRAM: \$359.

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You will have the 24 workouts, access to the FB group and connection with your fellow participants forever.

Testimonial Comments

"My shoulders were definitely singing! The compound movements that build on each other are very engaging."

"I love how I feel my lower abs along my c-section incision with the lengthening core movements."

"Today my lower obliques are making their lovely selves known"

"The inhale and exhale reminders really allow me to concentrate on my core."

"The progression of reps helped me reinforce the movements and what muscles and body part should be engaged"

"I completely lost track of time because the workout was so engaging and new."

"I got my sweat on but still feel amazing and not burnt out."

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