



Rapid Exercise Reference Guide

Component #1

3-Minute Sequence to Activate the Deep Core & Abdominal Muscles

Instructional Video (length - 34:21) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174435>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

Introduction - [0:15-1:45](#)

#1 - Modified Curl Up with Minimal Mid Back Movement - [1:46-4:29](#)

#2 - Modified Curl Up with More Mid Back Movement - [4:59-5:08](#)

#3 - Modified Curl Up with Lifting Elbows Off and Minimal Mid Back Movement - [5:09-5:17](#)

#4 - Modified Curl Up with Lifting Elbows Off and More Mid Back Movement - [5:18-5:44](#)

#5 - Modified Curl Up with Fingers On Temple and Minimal Mid Back Movement - [5:45-6:01](#)

#6 - Modified Curl Up with Hold At Top and Minimal Mid Back Movement - [6:02-6:37](#)

#7 - Wall Curl Up with Minimal Mid Back Movement - [8:00-8:45](#)

#8 - Wall Curl Up with More Mid Back Movement - [8:50-9:09](#)

#9 - Side Wall Plank - [10:00-13:10](#)

#10 - Side Wall Plank with 3 Way Leg Movement - [13:15-14:40](#)

#11 - Side Plank from Knees - [14:47-16:37](#)

#12 - Side Plank with One Foot In Front of the Other - [16:42-17:31](#)

#13 - Side Plank with Feet Stacked - [17:33-18:00](#)

#14 - Side Plank with One Foot In Front of the Other to Front Plank - [18:04-19:07](#)

#15 - Side Plank with One Foot In Front of the Other to Front Plank with Contract and Relax - [19:08-21:04](#)

#16 - Alternating Arms on Wall - [23:25-24:13](#)

#17 - Alternating Arms with Alternating Toe Touches on Wall - [24:14-25:01](#)

#18 - Alternating Arms with Alternating Knee Lift on Wall - [25:05-25:48](#)

#19 - Four Point Weight Shift - [27:05-28:00](#)

#20 - Four Point Hand Lift - [28:05-28:24](#)

#21 - Four Point Knee Lift - [28:25-29:02](#)

#22 - Four Point Alternating Arms - [29:08-29:33](#)

#23 - Four Point Alternating Legs - [29:34-30:05](#)

#24 - Four Point Alternating Arms and Legs - [30:06-30:43](#)



- #25 - Four Point Alternating Arms and Legs in a Box - [30:44-31:29](#)
- #26 - Four Point Alternating Arms and Legs with Tubing - [31:30-31:46](#)
- #27 - Four Point Alternating Arms and Legs with Tubing in a Box - [31:47-33:09](#)
- Wrap Up - [33:18-34:00](#)

Modified Curl Up Follow Along Video (*length - 5:44*) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174436>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

- #1 - Modified Curl Up with Minimal Mid Back Movement (Wall) - [0:16-0:48](#)
- #2 - Modified Curl Up with More Mid Back Movement (Wall) - [0:50-1:19](#)
- #3 - Modified Curl Up with Minimal Mid Back Movement (Floor) - [1:24-1:53](#)
- #4 - Modified Curl Up with More Mid Back Movement (Floor) - [1:55-2:20](#)
- #5 - Modified Curl Up with Lifting Elbows Off and Minimal Mid Back Movement - [2:25-2:55](#)
- #6 - Modified Curl Up with Lifting Elbows Off and More Mid Back Movement - [2:56-3:26](#)
- #7 - Modified Curl Up with Fingers On Temple and Minimal Mid Back Movement - [3:29-3:55](#)
- #8 - Modified Curl Up with Fingers On Temple and More Mid Back Movement - [3:57-4:27](#)
- #9 - Modified Curl Up with Hold At Top and Minimal Mid Back Movement - [4:30-4:55](#)
- #10 - Modified Curl Up with Hold At Top and More Mid Back Movement - [4:56-5:23](#)

Side Plank Follow Along Video (*length - 6:33*) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174437>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

- #1 - Side Wall Plank - [0:16-0:34](#)
- #2 - Side Wall Plank with Increased Incline - [0:35-1:23](#)
- #3 - Side Wall Plank with 3 Way Leg Movement - [1:24-1:59](#)
- #4 - Side Wall Plank with Increased Incline and 3 Way Leg Movement - [2:00-2:36](#)
- #5 - Side Plank from Knees - [2:37-3:18](#)
- #6 - Side Plank with One Foot In Front of the Other - [3:19-4:01](#)
- #7 - Side Plank with Feet Stacked - [4:02-4:39](#)
- #8 - Side Plank with One Foot In Front of the Other to Front Plank - [4:40-5:16](#)
- #9 - Side Plank with One Foot In Front of the Other to Front Plank with Contract and Relax - [5:17-6:12](#)



Bird Dog Follow Along Video (length - 10:48) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174438>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

- #1 - Alternating Arms on Wall - [0:16-1:05](#)
- #2 - Alternating Arms with Alternating Toe Touch on Wall - [1:10-2:00](#)
- #3 - Alternating Arms with Alternating Knee Lift on the Wall - [2:02-2:55](#)
- #4 - Four Point Weight Shift - [2:56-3:44](#)
- #5 - Four Point Hand Lift - [3:45-4:16](#)
- #6 - Four Point Knee Lift - [4:19-4:51](#)
- #7 - Four Point Alternating Arms - [4:53-5:36](#)
- #8 - Four Point Alternating Legs - [5:37-6:22](#)
- #9 - Four Point Alternating Arms and Legs - [6:23-7:12](#)
- #10 - Four Point Alternating Arms and Legs in a Box - [7:13-8:00](#)
- #11 - Four Point Alternating Arms and Legs with Tubing - [8:01-9:19](#)
- #12 - Four Point Alternating Arms and Legs with Tubing in a Box - [9:20-10:28](#)



Component #2

BEST Exercises to Balance Out Your Core & Body

Instructional Video (length - 26:17) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174439>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

Foam Rolling Instruction - 00:16 - 06:39

#1 - Foam Rolling Calf Exercise with Toe Up - 06:40 - 07:29

#2 - Foam Rolling Calf Exercise with Toe In - 07:50 - 08:08

#3 - Foam Rolling Calf Exercise with Toe Out - 08:09 - 08:45

#4 - Foam Rolling Hamstring Exercise with Toe Up - 09:03 - 09:38

#5 - Foam Rolling Hamstring Exercise with Toe In - 9:48 - 10:02

#6 - Foam Rolling Hamstring Exercise with Toe Out - 10:03 - 10:50

#7 - IT Band Foam Rolling Exercise - 10:51 - 12:22

#8 - Rectus Femoris Foam Rolling Exercise with Toe Down - 12:36 - 13:39

#9 - Rectus Femoris Foam Rolling Exercise with Toe Out - 13:40 - 16:01

#10 - Rectus Femoris Foam Rolling Exercise with Toe In - 16:02 - 16:36

#11 - Adductor Foam Rolling Exercise - 17:05 - 18:09

#12 - Gluteus Maximus Foam Rolling Exercise - 19:08 - 20:13

#13 - Gluteus Medius Foam Rolling Exercise - 20:14 - 20:55

#14 - Piriformis Foam Rolling Exercise - 21:01 - 21:47

#15 - Latissimus Dorsi Foam Rolling Exercise - 21:57 - 23:31

Wrapping Up Balancing the Body with Foam Rolling - 23:35 - 25:56

Follow Along Video (length - 11:51) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174440>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

#1 - Foam Rolling Calf Exercise with Toe Up - 0:18 - 0:59

#2 - Foam Rolling Calf Exercise with Toe In - 1:02 - 1:42

#3 - Foam Rolling Calf Exercise with Toe Out - 1:46 - 2:25

#4 - Foam Rolling Hamstring Exercise with Toe Up - 2:29 - 3:06

#5 - Foam Rolling Hamstring Exercise with Toe In - 3:09 - 3:50

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Flattens, Defines And Tones Your Abs & Core*



- #6 - Foam Rolling Hamstring Exercise with Toe Out - [3:53](#) - [4:29](#)
- #7 - IT Band Foam Rolling Exercise - [4:30](#) - [5:14](#)
- #8 - Rectus Femoris Foam Rolling Exercise with Toe Down - [5:16](#) - [5:56](#)
- #9 - Rectus Femoris Foam Rolling Exercise with Toe Out - [5:58](#) - [6:40](#)
- #10 - Rectus Femoris Foam Rolling Exercise with Toe In - [6:44](#) - [7:25](#)
- #11 - Adductor Foam Rolling Exercise - [7:28](#) - [8:15](#)
- #12 - Gluteus Maximus Foam Rolling Exercise - [8:16](#) - [9:01](#)
- #13 - Gluteus Medius Foam Rolling Exercise - [9:02](#) - [9:47](#)
- #14 - Piriformis Foam Rolling Exercise - [9:48](#) - [10:28](#)
- #15 - Latissimus Dorsi Foam Rolling Exercise - [10:30](#) - [11:28](#)



Component #3

The 3-Minute Drill That Creates Whole Body Core Strength

Instructional Video (length - 25:33) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174442>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

Introduction - [0:20-2:08](#)

Key Things To Remember When Doing Squatting Movement - [2:09-7:42](#)

#1 - Supine Knees to Chest - [8:41-9:18](#)

#2 - Supine Knees to Shoulders - [9:20-9:46](#)

#3 - Supine Tubig Leg Press - [9:47-10:57](#)

#4 - Foam Roller Quarter Squat - [11:47-12:50](#)

#5 - Foam Roller Parallel Squat - [12:54-13:34](#)

#6 - Foam Roller Hips Past Knees Squat - [13:35-14:10](#)

#7 - Vertical Shin Quarter Squat - [16:07-16:34](#)

#8 - Vertical Shin Parallel Squat - [16:36-16:53](#)

#9 - Vertical Shin Hips Past Knees Squat - [16:54-17:28](#)

#10 - Seat to Wall - [18:00-18:34](#)

#11 - Stick Slide To Top of Knees - [18:41-19:19](#)

#12 - Stick Slide To Below Knees - [19:20-19:50](#)

#13 - Seat Touch - [20:11-20:43](#)

#14 - Seat Pause and Up - [20:44-21:35](#)

#15 - Bodyweight Quarter Squat - [22:19-22:54](#)

#16 - Bodyweight Parallel Squat - [22:58-23:17](#)

#17 - Bodyweight Hips Past Knees Squat - [23:18-23:31](#)

#18 - Bodyweight Deep Squat - [23:32-24:06](#)

Wrap Up - [24:07-25:02](#)

Follow Along Video (length - 6:09) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174446>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

#1 - Supine Knees to Chest - [00:20-00:45](#)

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- #2 - Supine Knees to Shoulders - [00:46-01:08](#)
- #3 - Supine Tubing Leg Press - [01:09-01:34](#)
- #4 - Foam Roller Quarter Squat - [01:35-01:49](#)
- #5 - Foam Roller Parallel Squat - [01:50-02:07](#)
- #6 - Foam Roller Hips Past Knees Squat - [02:08-02:23](#)
- #7 - Vertical Shin Quarter Squat - [02:24-02:39](#)
- #8 - Vertical Shin Parallel Squat - [02:40-02:55](#)
- #9 - Vertical Shin Hips Past Knees Squat - [02:56-03:13](#)
- #10 - Seat to Wall - [03:14-03:30](#)
- #11 - Stick Slide To Top of Knees - [03:31-03:48](#)
- #12 - Stick Slide To Below Knees - [03:49-04:05](#)
- #13 - Seat Touch - [04:06-04:19](#)
- #14 - Seat Pause and Up - [04:20-04:35](#)
- #15 - Bodyweight Quarter Squat - [04:36-04:50](#)
- #16 - Bodyweight Parallel Squat - [04:51-05:03](#)
- #17 - Bodyweight Hips Past Knees Squat - [05:04-05:21](#)
- #18 - Bodyweight Deep Squat - [05:22-05:40](#)



Component #4

7 Step Program to Build A Stronger Back

Instructional Video (length - 14:09) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174445>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

Introduction to Retraining the Hip Hinging Movement - 0:09 - 7:02

#1 - Stick Slide To Top of Knees - 7:03 - 8:35

#2 - Stick Slide to Below Knees - 8:36 - 9:11

#3 - Single Leg Deadlift Partial - 9:23 - 10:04

#4 - Single Leg Deadlift to Below Knee - 10:05 - 10:33

#5 - Single Leg Deadlift to Floor - 10:34 - 11:26

#6 - Stick to Shins - 11:27 - 12:14

#7 - Bent Over Row - 12:15 - 13:12

Final words to Retraining the Hip Hinging Movement - 13:13 - 13:48

Follow Along Video (length - 2:26) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174447>

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#1 - Stick Slide To Top of Knees - 00:11 - 00:23

#2 - Stick Slide to Below Knees- 00:24 - 00:41

#3 - Single Leg Deadlift Partial - 00:42 - 00:55

#4 - Single Leg Deadlift to Below Knee - 00:56 - 01:13

#5 - Single Leg Deadlift to Floor - 01:14 - 01:31

#6 - Stick to Shins - 01:32 - 01:48

#7 - Bent Over Row - 01:49 - 02:05



Component #5

Invincible Core Workouts

Stir The Pot On The Floor

Instructional Video (length - 2:45) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174448>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

Introduction to Stir The Pot On the Floor - 0:12 - 0:39

#1 - Stir The Pot From The Knees - 0:40 - 01:07

#2 - Stir The Pot From The Toes - 01:08 - 01:28

Wrapping Up the Stir The Pot On the Floor - 01:29 - 02:25

Follow Along Video (length - 1:12) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174449>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

#1 - Stir The Pot From The Knees - 0:13 - 0:32

#2 - Stir The Pot From The Toes- 0:33 - 0:52

Burpee Sequence

Instructional Video (length - 4:43) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172175150>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

Introduction to Invincible Core Workouts Burpee Sequence - 0:12 - 0:39

#1 - Full Body Extension - 0:40 - 1:41

#2 - Burpees with No Jump - 1:42 - 2:23

#3 - Burpees with Jump - 2:24 - 2:42

Wrapping Up the Invincible Core Workouts Burpee Sequence - 2:43 - 4:22



Follow Along Video (length - 1:51) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174452>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

- #1 - Full Body Extension - 0:13 - 0:33
- #2 - Burpees with No Jump - 0:34 - 01:07
- #3 - Burpees with Jump - 1:08 - 1:30

Alligator Workout

Instructional Video (length - 2:27) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174453>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

- #1 - Alligator Walk - 0:28 - 0:48
- #2 - Push Ups - 0:49 - 1:02
- #3 - Renegade Rows - 1:03 - 1:22
- #4 - Wrapping Up the Alligator Workout - 1:23 - 2:06

Follow Along Video (length - 1:53) - To watch the below DVD enter the password: in77core1

<https://vimeo.com/172174451>

To Download a Copy of this DVD - [CLICK HERE](#) and enter the Password: in77core1

- #1 - Alligator Workout (complete sequence forward and back) - 0:12 - 1:29
- #2 - Alligator Walks (forward) - 0:17 - 0:25
- #3 - Push Ups - 0:26 - 0:37
- #4 - Renegade Rows - 0:38 - 0:48
- #5 - Alligator Walks (back) - 0:51 - 1:05
- #6 - Push Ups - 01:06 - 1:17
- #7 - Renegade Rows - 1:18 - 1:29