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**INVINCIBLE  
CORE**



**Success Sheets**

**YOUR 28-DAY RAPID RESULTS PROGRAM THAT  
FLATTENS, DEFINES AND TONES YOUR ABS & CORE**

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# Invincible Core Success Sheets

<b>Component #1 – 3-Minute Sequence to Activate the Deep Core &amp; Abdominal Muscles</b>								
Name of the Exercise	Sets and Reps	Day						
		1	2	3	4	5	6	7
<b>Modified Curl Up</b>								
Modified Curl Up with Minimal Mid Back Movement (Wall)	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with More Mid Back Movement (Wall)	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with Minimal Mid Back Movement (Floor)	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with More Mid Back Movement (Floor)	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with Lifting Elbows Off and Minimal Mid Back Movement	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with Lifting Elbows Off and More Mid Back Movement	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with Fingers On Temple and Minimal Mid Back Movement	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with Fingers On Temple and More Mid Back Movement	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with Hold At Top and Minimal Mid Back Movement	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Modified Curl Up with Hold At Top and More Mid Back Movement	Start with 1 set of 5 repetitions and progress to 10 repetitions							
<b>Side Plank</b>								
Side Wall Plank	Start with 1 set of 5 repetitions and progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.							
Side Wall Plank with Increased Incline	Start with 1 set of 5 repetitions and progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.							
Side Wall Plank with 3 Way Leg Movement	Start with 1 set of 5 repetitions and progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.							
Side Wall Plank with Increased Incline and 3 Way Leg Movement	Start with 1 set of 5 repetitions and progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.							
Side Plank from Knees	Start with 1 set of 5 repetitions and							



	second hold. Progress it again to 10 repetitions with a 10 second hold.								
Four Point Alternating Arms and Legs in a Box	Start with 1 set of 5 repetitions and progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.								
Four Point Alternating Arms and Legs with Tubing	Start with 1 set of 5 repetitions and progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.								
Four Point Alternating Arms and Legs with Tubing in a Box	Start with 1 set of 5 repetitions and progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.								

*\*Put a check mark in the box if you have performed the exercise to track your progress.*

## Component #2 – BEST Exercises to Balance Out Your Core & Body

Name of the Exercise	Sets and Reps	Day						
		1	2	3	4	5	6	7
Foam Rolling Calf Exercise with Toe Up	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Foam Rolling Calf Exercise with Toe In	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Foam Rolling Calf Exercise with Toe Out	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Foam Rolling Hamstring Exercise with Toe Up	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Foam Rolling Hamstring Exercise with Toe In	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Foam Rolling Hamstring Exercise with Toe Out	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
IT Band Foam Rolling Exercise	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Rectus Femoris Foam Rolling Exercise with Toe Down	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Rectus Femoris Foam Rolling Exercise with Toe Out	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Rectus Femoris Foam Rolling Exercise with Toe In	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Adductor Foam Rolling Exercise	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Gluteus Maximus Foam Rolling Exercise	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Gluteus Medius Foam Rolling Exercise	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Piriformis Foam Rolling Exercise	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							
Latissimus Dorsi Foam Rolling Exercise	Start with 1 set of 5 repetitions on each side and progress to 10 repetitions							

*\*Put a check mark in the box if you have performed the exercise to track your progress.*

## Component #3 – The 3-Minute Drill That Creates Whole Body Core Strength

Name of the Exercise	Sets and Reps	Day						
		1	2	3	4	5	6	7
Supine Knees to Chest	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Supine Knees to Shoulders	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Supine Tubing Leg Press	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Foam Roller Quarter Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Foam Roller Parallel Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Foam Roller Hips Past Knees Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Vertical Shin Quarter Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Vertical Shin Parallel Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Vertical Shin Hips Past Knees Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Seat to Wall	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Stick Slide To Top of Knees	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Stick Slide To Below Knees	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Seat Touch	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Seat Pause and Up	Start with 1 set of 5 repetitions and progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.							
Bodyweight Quarter Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Bodyweight Parallel Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Bodyweight Hips Past Knees Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							
Bodyweight Deep Squat	Start with 1 set of 5 repetitions and progress to 10 repetitions							

*\*Put a check mark in the box if you have performed the exercise to track your progress.*

## Component #4 – 7 Step Program to Build A Stronger Back

Name of the Exercise	Sets and Reps	Day						
		1	2	3	4	5	6	7
Stick Slide To Top of Knees	Start with 1 set of 5 repetitions and progress to 3 sets with 10 repetitions.							
Stick Slide to Below Knees	Start with 1 set of 5 repetitions and progress to 3 sets with 10 repetitions.							
Single Leg Deadlift Partial	Start with 1 set of 5 repetitions and progress to 3 sets with 10 repetitions.							
Single Leg Deadlift to Below Knee	Start with 1 set of 5 repetitions and progress to 3 sets with 10 repetitions.							
Single Leg Deadlift to Floor	Start with 1 set of 5 repetitions and progress to 3 sets with 10 repetitions.							
Stick to Shins	Start with 1 set of 5 repetitions and progress to 3 sets with 10 repetitions.							
Bent Over Row	Start with 1 set of 5 repetitions and progress to 3 sets with 10 repetitions.							

*\*Put a check mark in the box if you have performed the exercise to track your progress.*

## Component #5 – Invincible Core Workouts

Name of the Exercise	Sets and Reps	Day						
		1	2	3	4	5	6	7
<b>Stir The Pot On The Floor</b>								
Stir The Pot From The Knees	Start with 1 set of 1 rotation each way and then progress to 5 rotations up to 10 rotations.							
Stir The Pot From The Toes	Start with 1 set of 1 rotation each way and then progress to 5 rotations up to 10 rotations.							
<b>Burpee Sequence</b>								
Full Body Extension	Start with 1 set of 5 repetitions and then progress to 10 repetitions up to 20 repetitions.							
Burpees with No Jump	Start with 1 set of 5 repetitions and then progress to 10 repetitions up to 20 repetitions.							
Burpees with Jump	Start with 1 set of 5 repetitions and then progress to 10 repetitions up to 20 repetitions.							
<b>Alligator Workout</b>								
<b><i>Alligator Workout (forward)</i></b>								
Alligator Walks	Start with 1 set of 1 repetition, forward and back, for about 15 feet. Progress it to 5 repetitions up to 10 repetitions.							
Push Up	Start with 1 set of 1 repetition, forward and back, for about 15 feet. Progress it to 5 repetitions up to 10 repetitions.							
Renegade Rows	Start with 1 set of 1 repetition, forward and back, for about 15 feet. Progress it to 5 repetitions up to 10 repetitions.							
<b><i>Alligator Workout (back)</i></b>								
Alligator Walks	Start with 1 set of 1 repetition, forward and back, for about 15 feet. Progress it to 5 repetitions up to 10 repetitions.							
Push Up	Start with 1 set of 1 repetition, forward and back, for about 15 feet. Progress it to 5 repetitions up to 10 repetitions.							
Renegade Rows	Start with 1 set of 1 repetition, forward and back, for about 15 feet. Progress it to 5 repetitions up to 10 repetitions.							

*\*Put a check mark in the box if you have performed the exercise to track your progress.*