

RICK KASELJ, MS

INVINCIBLE CORE



Success Sheets

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

Invincible-Body.com

Invincible Core Success Sheets

Component #1 – 3-Minute Sequence to Activate the Deep Core & Abdominal Muscles								
Name of the Exercise	Sets and Reps	Day						
		1	2	3	4	5	6	7
Modified Curl Up								
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							
Side Plank								
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							

	progress to 10 repetitions with a 5 second hold. Progress it again to 10 repetitions with a 10 second hold.								
Side Plank with One Foot In Front of the Other	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 with Feet Stacked	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 with One Foot In Front of the Other to Front 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 Plank with One Foot In Front of the Other to Front Plank with Contract and Relax	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.								
Bird Dog									
Alternating Arms on Wall	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.								
Alternating Arms with Alternating Toe Touch on Wall	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.								
Alternating Arms with Alternating Knee Lift on the Wall	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 Weight Shift	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 Hand Lift	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 Knee Lift	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	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 Legs	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	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 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
Stir The Pot On The Floor								
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.							
Burpee Sequence								
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.							
Alligator Workout								
Alligator Workout (forward)								
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.							
Alligator Workout (back)								
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.*