



**RICK KASELJ, MS**

# **INVINCIBLE CORE**



**28-Day Plan**

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

[Invincible-Body.com](http://Invincible-Body.com)

# 28-Day Invincible Core Plan

Name: \_\_\_\_\_

Month of \_\_\_\_\_ Year \_\_\_\_\_

Component 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 1 Notes
BEST Exercises to Balance Out Your Core & Body								
Component 1	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Week 2 Notes
3-Minute Sequence to Activate the Deep Core & Abdominal Muscles								
Component 3 & 5	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Week 3 Notes
The 3-Minute Drill That Creates Whole Body Core Strength; Invincible Core Workouts								
Component 4 & 5	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Week 4 Notes
7 Step Program to Build A Stronger Back; Invincible Core Workouts								