

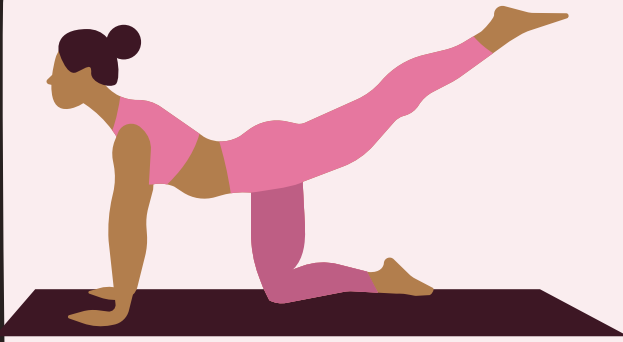
CORE MOMENTS

Presented by Kia Williams, MBA, MS

Experience the heart of Core Moments—brought to you by the author of a forthcoming fitness book all about the best, most-effective exercises for abdominal and glute activation, sculpting, strengthening, isolation, and enhancement. Proper core training is essential for overall fitness performance and functionality. You'll gain a fresh catalog of exercises and moves for your clients and class participants to deliver optimal core benefits.

BENEFITS

- Improved posture and balance
- Enhanced fitness performance
- Focus on safe and effective exercises that will help develop glutes, define abdominals, and add flavor and innovative style to core training.



SAGITTAL PLANE

Exercise Selection



FRONTAL PLANE

Exercise Selection



TRANSVERSE PLANE

Exercise Selection

EXERCISE FORMATTING

1. Deep Breathing and Mental Work
2. Movement Prep
3. Standing Work
 - a. Sagittal, Frontal, Transverse
 - b. Functional Movement Pattern
4. Kneeling and Side Lying
 - a. Sagittal, Frontal, Transverse
 - b. Functional Movement Pattern
5. Prone Floor Work
 - a. Sagittal, Frontal, Transverse
 - b. Functional Movement Pattern
6. Supine Floor Work
 - a. Sagittal, Frontal, Transverse
 - b. Functional Movement Pattern
7. Deep Stretching and Grounding Work

Contact Me:

Email: Kiawilliams.fitness@gmail.com

Instagram: [@KiaWilliams.Fitness](https://www.instagram.com/KiaWilliams.Fitness)