

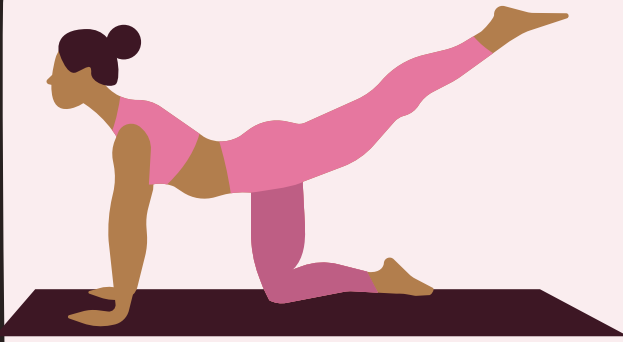
# CORE MOMENTS

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

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