



## **ALI'S CORE SECRETS**

[WWW.ABOXR.CO.UK](http://WWW.ABOXR.CO.UK)



## CORE PERIODISATION PHASE

**1-4 WEEKS**

FOUNDATION PHASE

...achieve your goals in 4 weeks



**4-12 WEEKS**

INTERMEDIATE PHASE

only 12 weeks and your goals will edge closer and closer to you!



**12 MONTHS**

ADVANCED PHASE

goals and results achieved, 12 months of leisure at my pleasure





**My aim is to ensure you reach the level of fitness YOU desire without compromising your lifestyle**



## Welcome

My name is Ali, I am a personal trainer, and I run a network of qualified personal trainers who will come and train you. In the past years I have worked with over 100 clients, and the majority of my clients have achieved their goals based on knowledge, hard work and goal planning. I am based in Camden Town, and run a private company.

ABOXR was established in 2021, my aim was to deliver quality and successful goals and results programmes for clients around London. ABOXR's personal trainers are committed to providing the most effective personal training service for our clients. We promise to follow the SFL conduct code.

Ali Mohammed, BSc Sports Science

### We will make sure you achieve the following:

- Improved body shape and posture
- Weight loss and fat reduction
- Reduced stress and fatigue
- Boosted energy levels
- Increased confidence and wellbeing
- Lowered risk of future health problems



**RESULTS**

WEIGHT (KG) .....

HEIGHT (CM) .....

BMI .....

RESTING HEART RATE (30 SECONDS) .....

BODY MEASUREMENTS .....

WAIST ..... HIP: ..... SHOULDERS ..... ARMS .....

MAXIMUM 30 SECONDS TREADMILL                      MAXIMUM 30 SECONDS BIKE                      MAXIMUM 30 SECONDS CROSS TRAINER

.....  
 .....  
 .....

MAXIMUM 30 SECONDS ROWER

.....  
 .....  
 .....

**CORE TESTS**

**10 ISOMETRIC 30 SECOND EXERCISES**

30 SECOND HOLDING PLANK: ..... 30 SECOND HOLDING REVERSE PLANK: .....

30 SECOND HOLDING SIDE PLANK (LEFT & RIGHT): ..... 30 SECOND HOLDING SQUAT: .....

30 SECOND HOLDING CALF RAISE: ..... 30 SECOND HOLDING SIT UP: .....

30 SECOND HOLDING BACK EXTENSION: ..... 30 SECOND HOLDING PRESS UP: .....

30 SECOND HOLDING HIP RAISES: ..... 30 SECOND HOLDING LEG RAISES: .....

**DYNAMIC**

30 SECOND SQUATS: ..... 30 SECOND HOLDING PRESS UPS: .....

30 SECOND SITUPS: ..... 30 SECOND BACK EXTENSION: .....

30 SECOND LEG RAISES: ..... 30 SECOND IN AND OUTS: .....

30 SECOND TWISTING CRUNCH: ..... 30 SECOND BURPEES: .....

30 SECOND SQUAT FROST: ..... 30 SECOND HIGH JUMPS: .....

**RESULTS**

**30 SECOND REP MAX** ( Divide body weight by 2 for kg per repetition )

**CHEST PRESS:** ..... **LEG PRESS:** .....

**SEATED ROW:** ..... **SHOULDER PRESS:** .....

**ADDITIONAL TESTS: 30 SECONDS**

**ENDURANCE JUMP TEST:** ..... **BALANCE TEST:** .....

**STEP TEST:** ..... **POSTURAL CORRECTION:** .....

**END OF RESULTS / ASSESMENTS SECTION**

**DIET PROGRAMME**

<b>FOOD DIARY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MONDAY</b>			
<b>TUESDAY</b>			
<b>WEDNESDAY</b>			
<b>THURSDAY</b>			
<b>FRIDAY</b>			
<b>SATURDAY</b>			
<b>SUNDAY</b>			

## PHASE 1

## 1. ABDOMINAL MUSCLE CONTRACTION | 3X30 Second exercises

IMAGE 1



IMAGE 2



**Abdominal hollowing technique must be learnt. Suck in the navel (bellybutton) and maintain breathing pattern.**

## 2. MODIFIED PLANK | 3X30 Second exercises

IMAGE 1



IMAGE 2



**Modify by resting knees on the floor, increase intensity by raising one leg off the floor.**

## 3. SIDE PLANK | 3X30 Second exercises

IMAGE 1



IMAGE 2



**Modify by resting on knees, do not allow lower back to sag at any point.**

PHASE 1

4. ABDOMINAL CRUNCH | 3X30 Second exercises

IMAGE 1



IMAGE 2



**Use the mat and perform the exercise by adjusting your body in an incline position, reverse back and repeat action.**

**End of Phase One**



PHASE 2

1. DYING BUG | 3X30 Second exercises

IMAGE 1



IMAGE 2



Modify by straightening the legs to act as a longer lever. Increase intensity by lowering legs to the floor (Advanced).

2. SUPERMAN / BIRDDOG | 3X30 Second exercises

IMAGE 1



IMAGE 2



Imagine a pole running the length of the back. Increase intensity with two-point Bridge, (outstretching standing supporting leg).

3. SIT & TWIST ( LYING BICYCLE) | 3X30 Second exercises

IMAGE 1



IMAGE 2



Maintain neutral spine, hollowing.

PHASE 2

4. LYING WINDSCREEN WIPER | 3X30 Second exercises

IMAGE 1



IMAGE 2



**Maintain a good steady pace.**

PHASE 3

1. SEATED ON A SWISS BALL | 3X30 Second exercises

IMAGE 1



IMAGE 2



Seated pelvic tilt can be incorporated, advance by walking the ball out.

2. SQUAT WITH SWISS BALL | 3X30 Second exercises

IMAGE 1



IMAGE 2



Try with a partner for added intensity; do not excessively bend knees beyond 90°.

3. BACK HYPEREXTENSION | 3X30 Second exercises

IMAGE 1



IMAGE 2



Do not overextend back (arching), do not twist spine. Increase adaptation by bringing feet closer together. Alternate hand position.

PHASE 3

4. SUPINE BRIDGE BALL ROLLS | 3X30 Second exercises

IMAGE 1



IMAGE 2



**Arms can be used for maintaining balance, crossing arms increases difficulty.  
One leg for advanced.**

PHASE 4

1. MULTIDIRECTIONAL LUNGE | 3X30 Second exercises

IMAGE 1



IMAGE 2



Seated pelvic tilt can be incorporated, advance by walking the ball out.

2. NORMAL PLANK ON SWISS BALL | 3X30 Second exercises

IMAGE 1



IMAGE 2



Keep abdominals contracted, focus on keeping ball steady.

3. AB ROLL | 3X30 Second exercises

IMAGE 1



IMAGE 2



Do not allow your head or lower back to drop, advanced can be from a standing position.

PHASE 4

4. HIP EXTENSION (BRIDGE POSE) | 3X30 Second exercises

IMAGE 1



IMAGE 2



**Alternate legs, and hollow the abdominals.**

## PHASE 5

## 1. SWISS BALL CRUNCH | 3X30 Second exercises

IMAGE 1



IMAGE 2



Try a fuller range, to increase intensity try crossing arms, position hands behind ears, hands outstretched in a 'V' position.

## 2. PRESS UPS ON SWISS BALL | 3X30 Second exercises

IMAGE 1



IMAGE 2



This is quite advanced so practice, use the toes to grip the ball and figure out how far you can twist the torso and lower limbs.

## 3. BALL ROTATION | 3X30 Second exercises

IMAGE 1



IMAGE 2



Keep rotations small until confidence is built, to increase difficulty bring feet and knees together closing base of support.

PHASE 5

4. OBLIQUE CURL ON SWISS BALL | 3X30 Second exercises

IMAGE 1



IMAGE 2



Keep controlled movement, avoid twisting too far.

5. KNEELING TWIST PASS | 3X30 Second exercises

IMAGE 1



IMAGE 2



perform the abdominal crunch, lift all your body in close to your body and return back, lying back all the way, like a butter fly.

**End of Phase Five**



PHASE 6

1. GLUTEAL BRIDGE ON SWISS BALL | 3X30 Second exercises

IMAGE 1



IMAGE 2



Do not allow your bum to sag, keep good posture and maintain balance. Increase intensity by using a ball.

2. HIP ROLLS | 3X30 Second exercises

IMAGE 1



IMAGE 2



Control the movement repeat on both sides, keep abdominals tight.

3. BUTT LIFT | 3X30 Second exercises

IMAGE 1



IMAGE 2



Hold when you reach the upright pose and slow pace. Increase duration of hold

PHASE 6

4. SCISSOR LEG REVERSE CURL | 3X30 Second exercises

IMAGE 1



IMAGE 2



Once again with the reverse curls, do not allow movement to be carried by momentum.

5. MEDICINE BALL OBLIQUE TWIST | 3X30 Second exercises

IMAGE 1



IMAGE 2



Control the ball, increase intensity with heavier ball and longer arm reach and range of motion.

6. WEIGHTED V SIT | 3X30 Second exercises

IMAGE 1



IMAGE 2



Slow controlled raises of the arms and legs. Hold at the highest point of movement and return just above the floor and hold again for high intensity.