

Core Week

<http://jessicasmithtv.com/join-us-for-core-week/>

Feel free to follow along using the DVD/digital recommendations with any programs you may already have in your library, and/or use the video options that are available FREE on our YouTube channel. As you go through each session this week be sure to really focus on engaging through your core muscles whenever appropriate to maximize the core strengthening benefits of each routine:

	YouTube	DVD
Monday	30-Minute 2-in-1 Toning <i>and/or</i> 20-Minute Circuit	30-Minute Total Body Training ["Walk Strong 1"] <i>and/or</i> 15-Minute Streamline Sculpt ["Walk Strong 3"]
Tuesday	20-Minute Standing Pilates Fusion Abs <i>and</i> 25-Minute Abs, Butt & Thighs Barre Workout	30-Minute Core Control ["Walk Strong: Build Balance & Inner Strength"] <i>and/or</i> 20-Minute Floor Barre ["Barre Fitness"]
Wednesday	30-Minute Travel-Friendly Cardio Strength Circuit	28-Minute Total Abs Transformer ["Cardio Abs"] <i>and/or</i> 30-Minute Total Focus ["Walk Strong: Boost Metabolism & Muscle"]
Thursday	45-Minute Cardio Ball Ballet	30-Minute Barefoot Cardio Core ["Walk Strong 3"] <i>and/or</i> 20-Minute Core Stretch ["Total Body Balance"]
Friday	30-Minute Kickboxing Cardio Abs <i>and/or</i> 12-Minute Standing Pilates for Flat Abs	30-Minute Cardio HIT! <i>and/or</i> 30-Minute Pilates + Yoga [both from "Walk Strong 3"]
Saturday	30-Minute Fusion Sculpt	47-Minute Fusion Strength ["Feel Good Fusion"]
Sunday	20-Minute Dynamic Stretch	20-Minute Yoga for Balance and Core Strength ["Yoga Fusion Fix"]