

CORE™

# Programming Guide

Athletic Conditioning engineered for total-body power, strength and agility.





CORE™ Athletic Conditioning & Performance Training™ is a training program focusing on functional fitness, targeting core strength and kinesthetic awareness, which together can lead to improvements in total-body strength and power. This multi-layered system is designed for both novice and high-level athletes. The CORE Foundational Principles followed in this training regime enhance performance by improving precision, control, strength, power and agility. Kick start the metabolic system, optimize athletic performance, and train smarter with the combination of body control and power movements that transform regular training programs into high-intensity, results-driven workouts. The CORE system helps retrain unbalanced muscles, initiates the core, and builds strength from within that transfers on and off the playing field!

### **Instructor Foundation Course, Level 1**

This seven-hour training program introduces important concepts of athletic conditioning and performance training. Emphasis is placed on utilizing 11 Foundational Principles when training athletes. The Principles cover alignment and biomechanics for the major joints involved in athletic performance as well as understanding how to train the three classifications of muscles for optimal performance. In addition, components of athletic conditioning are overviewed, including resistance training methods, plyometric training, balance training and speed and agility training. Performance training concepts such as periodization are also introduced. Participants walk away with two Interval Training workouts, one based on muscular endurance and one focusing on high-intensity training. These workouts incorporate the various concepts covered in the program and utilize a variety of equipment.



**PREREQUISITE:** This course is intended for those already working in the fields of fitness or movement or anyone with an interest in developing the related skills. There are no prerequisites, although a history of participation in fitness or movement is highly recommended. All participants in the course are issued a letter of completion and granted an Instructor qualification.

#### **Foundation Course Objectives**

1. Explain the theory behind the CORE principles.
2. Effectively apply CORE principles to a workout for any level of participant.
3. Teach a pre-programmed CORE Circuit class in a group format.
4. Practice correct execution of exercises found in traditional fitness training.

#### **Continuing Education Credits**

0.7 STOTT PILATES® and other organizations

#### **Equipment Used in this Course**

Mat, Strength Tubing™ – Core (2 strengths), Large Stability Cushion™, Medicine Balls (3 weights), Strength Tubing – Ankle (3 strengths), Halo Trainer Plus®, Halo Trainer Stability Ball™ 55 cm

## Instructor Workshops

**RECOMMENDED:** CORE Workshops offer further programming content and choreography that is not covered in the Foundation course. All workshops below are two hours in length and provide CECs from STOTT PILATES® and other organizations.

*Please note: Taking workshops alone without participating in the Foundation Course will not result in CORE Instructor Qualification.*

### **CORE Balance & Strength on the Big Blue Stability Cushion™**

Just when you thought that you couldn't challenge the core any more, everything is thrown off balance by including a Stability Cushion balance disk! With the addition of a pair of hand weights, this is a workout with movements ideal for athletic training or functional fitness. The Cushion provides an unstable base that activates the deep support muscles of the torso while the hand weights incorporate peripheral resistance.

### **CORE Power & Stamina: Medicine Ball Interval Training,**

Volume 1

In this intense athletic program, experience a unique full-body workout using the medicine ball. Because of the shape and weight of the ball, this program will challenge your strength and agility as well as your endurance and stamina. Based on a series of exercise intervals, incorporating the CORE Foundational Principles, you can increase or decrease the intensity of the workout based on the weight of the medicine ball chosen.

### **CORE Power & Stamina: Medicine Ball Interval Training,**

Volume 2

High-Intensity Interval Training (HIIT) is one of the most effective and most popular training techniques in the industry right now — combine HIIT with the CORE Foundational Principles for a full-body blast! This intense athletic program features unique movement sequences and combinations using the challenging medicine ball. Plyometric-based exercise meets strength and resistance training to improve power, coordination and cardiovascular endurance.

### **CORE Dynamic Resistance Training with Tubing**

This workshop features various types of resistance tubing and balances upper, lower and core resistance training with athletic-based movements that will challenge any athlete. This kind of peripheral resistance adds a unique component to the workout and adds elements of stability and balance to the exercises. The CORE foundational principles are applied in this high-powered workshop which focuses on form with intensity.

### **CORE Distance Running Workshop, Level 1**

Applying the CORE™ Principles, this workshop emphasizes the importance of proper biomechanics to progress athletes appropriately to achieve their goals quickly and effectively. Guiding a distance runner through movement training will improve performance by increasing movement efficiency, adding hip and pelvic stability throughout the running motion and providing a foundation of core stability and strength from which power and endurance can be developed. Participants will be able to apply athletic conditioning concepts to help runners meet the demands of the sport, decrease the incidence of injuries and improve performance.

### **CORE Distance Running Workshop, Level 2**

Distance running demands not only endurance, but tremendous amounts of lower body stability, strength and power, balanced upper body strength and enduring core stability and strength. This workshop features a dynamic functional warm up to prepare the body for performance, improve joint stability and mobility and enhance running efficiency. Targeted exercises will develop upper body, lower body and core stability and strength to improve power production. Finally, jump training and plyometrics will work on power, work capacity and agility.

### **CORE Plyometrics and Jump Training Workshop, Level 1**

Jump training and plyometrics are high-level training methods designed to improve explosive power. Increasing the rate of force production improves performance, training the body's ability to decelerate and absorb impact, improving athleticism and decreasing the likelihood of injury. Explore the proper technique, programming and progressions that keep this type of training safe and beneficial for clients. Learn to help any athlete jump higher, run faster, swing faster, hit harder, accelerate quicker and ultimately perform better.

### **CORE Dryland Performance Training for Swimmers**

Swimming is a dynamic but repetitive sport that requires a functional approach to movement training. To help optimize strength and power, this workshop features swim-specific exercises that strengthen the core in order to connect the upper and lower body for improved efficiency in the water. This programming is beneficial to swimmers across a range of ages and abilities from beginners to serious athletes.

### **CORE Functional Strength and Resistance Training**

Functional strength is crucial for peak performance and injury prevention. This workshop covers the practical application of resistance training for improved functional strength. Incorporating the CORE Foundational Principles, exercises presented demonstrate resistance training principles and their application within a complete program. Learn programming concepts to improve performance and how to properly use resistance training as part of athletic conditioning to improve athleticism and prevent injury.

### **CORE Team Training Workshop – Crank Up Your Performance with SAQ Training**

Training a team is a unique and dynamic experience for both the athletes and the trainer. Improving athleticism requires a functional approach to movement training that targets speed, agility and quickness. This workshop teaches concepts used for team training with the application of a specifically-designed workout to increase athleticism, decrease the incidence of injuries and improve overall performance.

### **CORE Performance Training for Cycling**

Cycling is a unique and dynamic movement sport that demands a tremendous amount of core stability to optimize lower body force production and transfer. The repetitive nature of the cycling movement can lead to muscle and mobility imbalances as well as possible overuse injuries. This workshop provides an overview of cycling mechanics, discusses the athletic and dynamic needs of cyclists, and teaches programming appropriate for improving cycling performance.



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leaders in mindful movement™



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