

N.F.W. GROUP INC.

CORE ENERGY

The No Feelings
Wellness Core
Strength
Challenge



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Your Core Energy Challenge: Observe. Adjust. Elevate.

This e-flip book provides the tools. Your discipline will determine your success.

Choose 3-4 exercises from the Beginner section if you're new, or the Intermediate section if you're ready for more.

Perform your core workout 2-3 times per week, allowing at least one day of rest in between.

Track your progress! Note how many reps or how long you hold each exercise.

Listen to your body. If an exercise causes pain, stop and try a modification or a different movement.

Consistency is key. Small, consistent efforts lead to monumental results.



Introduction: Forge Your Foundation

Welcome to Core Energy, your ultimate guide to building a resilient and powerful core with No Feelings Wellness. Your core isn't just about six-pack abs; it's the foundation of all movement, stability, and strength. A strong core improves posture, prevents injuries, enhances athletic performance, and helps you move through life with greater ease and confidence. This e-flip book challenge is designed for both beginners taking their first steps in core training and intermediate fitness enthusiasts looking to elevate their stability and power. We've hand-picked exercises that are effective, progressive, and, most importantly, deliver real results when approached with discipline and intention. Forget the excuses and the fleeting emotions. This is about understanding your body, applying consistent effort, and building an unshakeable core. Are you ready to feel the difference that true core strength makes? Let's get started.



The No Feelings Wellness Approach to Core Training

At No Feelings Wellness, we believe in a clear, data-driven approach to fitness. This core challenge is built on the principles of: Observation: Pay close attention to how your body moves and responds to each exercise. Adjustment: Modify exercises as needed to maintain proper form and challenge yourself appropriately. Elevation: Consistently work to improve your strength, stability, and endurance over time. Before you begin any exercise, remember to warm up your muscles for a few minutes with light cardio and dynamic stretches. After your core workout, cool down with static stretches. Always prioritize proper form over the number of repetitions. If you feel pain, stop immediately.



Beginner Core Strength Exercises: Building Your Base

These exercises are perfect for establishing fundamental core stability and control. Focus on slow, controlled movements and feeling the engagement in your core muscles. Aim for 2-3 sets of 10-15 repetitions for most exercises (unless otherwise specified), with 30-60 seconds rest between sets.

Dead Bug: The ultimate exercise for deep core stability.

Lie on your back with knees bent, feet flat. Lift your arms straight up toward the ceiling. Slowly extend your right arm and left leg simultaneously toward the floor, keeping your lower back pressed into the mat. Return to the starting position and repeat on the other side. Keep your core braced throughout.

Bird Dog Improves coordination and activates core/lower back.

Start on all fours (hands directly under shoulders, knees under hips). Engage your core. Slowly extend your right arm straight forward and your left leg straight back, keeping your hips level and your core still. Hold briefly, then return to the start. Alternate sides. Avoid rocking your body.

DEAD BUG



BIRD DOG



Glute Bridge Strengthens glutes, core, and spine.

Lie on your back with knees bent, feet flat on the floor, hip-width apart. Engage your glutes and core, then lift your hips off the floor until your body forms a straight line from shoulders to knees. Hold at the top, squeezing your glutes, then slowly lower back down.

Forearm Plank Focuses on isometric core activation.

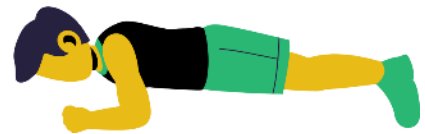
Start in a push-up position, then lower onto your forearms, keeping your body in a straight line from head to heels. Engage your core, glutes, and quads. Avoid letting your hips sag or rise too high. Hold for 20-30 seconds, or as long as you can maintain perfect form. Rest and repeat.



GLUTE BRIDGE



FOREARM PLANK



Knee Tucks (Seated or on Floor) Works lower abs and improves hip flexor control.

Seated: Sit on the floor, lean back slightly, hands on the floor for support (optional). Bring your knees into your chest, then extend legs out without touching the floor.

On Floor: Lie on your back, hands under your glutes (optional). Bring both knees into your chest, then extend them out without letting your feet touch the floor.

Heel Taps Gentle on the back, activates lower abdominals.

Lie on your back, knees bent, feet flat. Lift your feet so your thighs are perpendicular to the floor and shins parallel (tabletop position). Slowly tap one heel to the floor, keeping your lower back pressed down. Bring it back up and alternate with the other heel.



ON FLOOR

KNEE TUCKS



SEATED



KNEE TUCKS

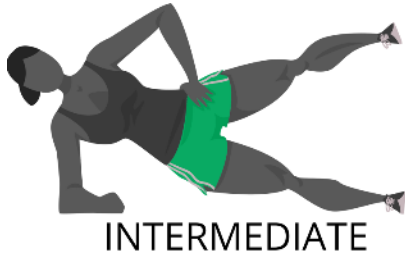


Side-Lying Leg Lifts Targets obliques and hip stability.

Lie on your side, propped up on your forearm, legs stacked and straight. Keep your core engaged and lift your top leg straight up towards the ceiling, leading with the heel. Slowly lower with control. Perform all reps on one side before switching.

Wall Sit with Core Brace Teaches bracing your core under tension.

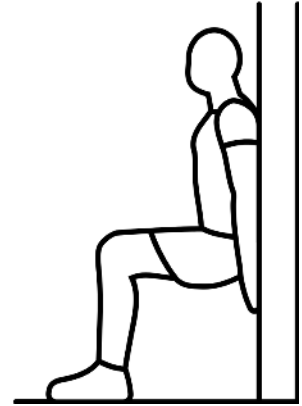
Stand with your back against a wall, then slide down until your knees are bent at a 90-degree angle, as if sitting in an invisible chair. Press your lower back into the wall and actively brace your core (imagine someone is about to punch you in the stomach). Hold for 20-30 seconds, maintaining the core brace.



SIDE-LYING LEG LIFTS



WALL SIT WITH CORE BRACE



Intermediate Core Strength Exercises: Elevate Your Power

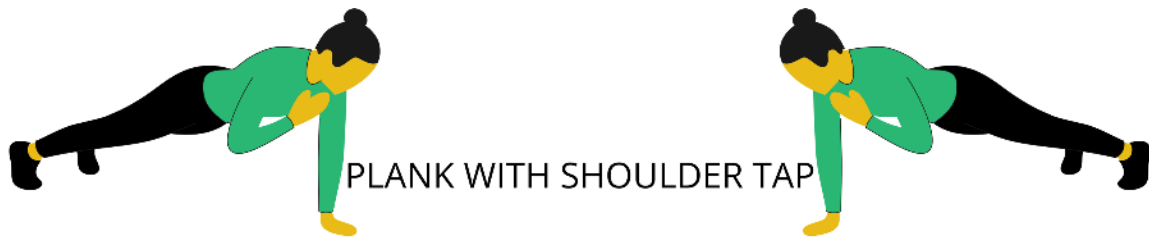
Ready to take your core strength to the next level? These exercises add more dynamic movement, anti-rotation, and increased challenge. Aim for 2-3 sets of 8-12 repetitions for most exercises (unless otherwise specified), with 45-90 seconds rest between sets.

Plank with Shoulder Taps Adds anti-rotation and balance challenge.

Start in a high plank position (hands under shoulders, body in a straight line). Keeping your hips as still as possible (avoid rocking), slowly lift one hand and tap the opposite shoulder. Return the hand to the floor and repeat on the other side. Focus on minimizing hip movement.

Hanging Knee Raises or Lying Leg Raises Stronger engagement for lower abs.

Hanging Knee Raises: Hang from a pull-up bar. Engage your core and lift your knees towards your chest. Lower with control. Lying Leg Raises: Lie on your back, hands under your glutes (optional). Keeping legs straight (or slightly bent), lift them toward the ceiling until your hips come slightly off the floor. Lower slowly without letting your feet touch.

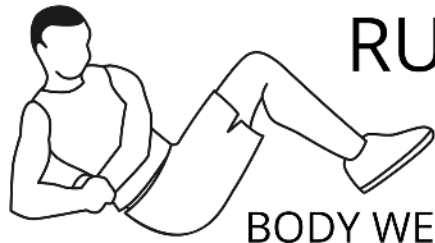


Russian Twists (Bodyweight or Light Weight) Engages obliques and improves rotation strength.

Sit on the floor with knees bent, feet flat (or slightly lifted for more challenge). Lean back slightly, engaging your core. Clasp your hands together (or hold a light weight) and twist your torso from side to side, tapping the floor beside your hip.

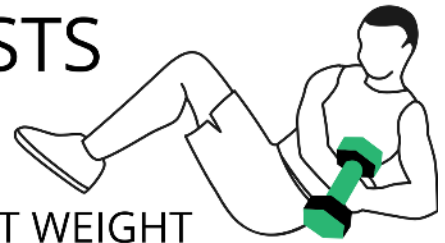
Side Plank Builds lateral core strength and endurance.

Lie on your side, propped up on one forearm, feet stacked. Lift your hips off the floor, forming a straight line from head to heels. Keep your core tight and avoid letting your hips sag. Hold for 30-60 seconds each side, or as long as you can maintain perfect form.



BODY WEIGHT

RUSSIAN TWISTS



LIGHT WEIGHT



SIDE PLANK

Mountain Climbers (Controlled Pace) Dynamic core movement with cardio benefit.

Start in a high plank position. Bring one knee towards your chest, then quickly switch, extending the first leg back as the other knee comes forward. Maintain a controlled pace, keeping your hips stable and low.

Reverse Crunches Focused contraction of the lower abs.

Lie on your back, hands beside your body or under your glutes. Bend your knees at 90 degrees, feet off the floor. Engage your lower abs to lift your hips off the floor, bringing your knees towards your chest. Slowly lower your hips back down with control.



MOUNTAIN CLIMBERS



STARTING POSITION



REVERSE CRUNCHES

ENDING POSITION



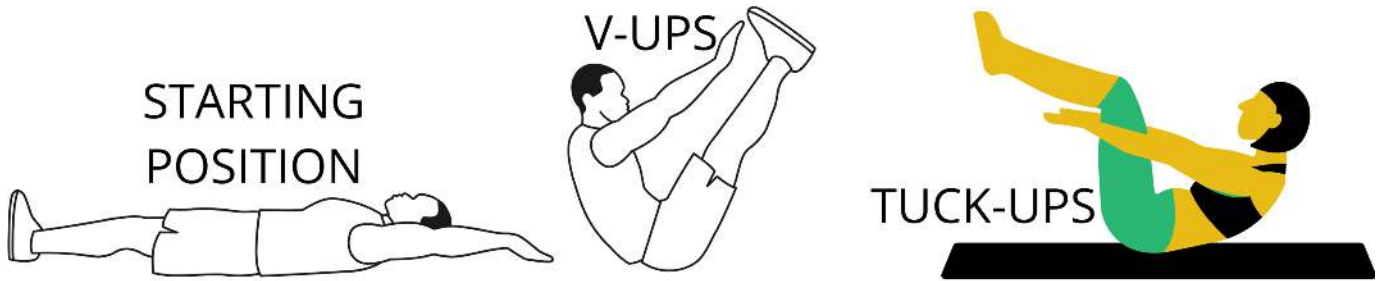
V-Ups or Tuck-Ups Combines upper and lower core.

V-Ups: Lie on your back, arms extended overhead, legs straight. Simultaneously lift your torso and straight legs towards each other, aiming to touch your toes (or shins). Lower slowly.

Tuck-Ups: Lie on your back, arms extended overhead, legs straight. Simultaneously bring your knees to your chest as you lift your torso, reaching your hands towards your shins. Lower slowly.

Pallof Press (with band or cable) Anti-rotation core strength for real-life movement.

Anchor a resistance band or cable at chest height. Stand perpendicular to the anchor, holding the handle with both hands in front of your chest. Step away from the anchor to create tension. Brace your core and slowly press the handle straight out in front of you, resisting the pull from the band/cable that tries to rotate your torso. Hold briefly, then slowly return to the starting position. Perform all reps on one side before turning and repeating on the other.



PALLOF PRESS W BANDS/CABLE



This is wellness without excuses. This is No Feelings Wellness.

The "No Feelings" approach means putting in the work, even when motivation wanes. It means trusting the process and the observable results. Your core strength will not only transform your physique but also empower every other aspect of your fitness journey.

