

TRUE40 CORE PROGRAMMING GUIDELINES

The core is the foundation of nearly all movements. Without stability here, the arms and legs can not produce optimal strength or speed — performance suffers, injury risk climbs, and clients may even feel it in their backs. Just as we progress through legs and glutes using True Cueing, the core section is best built on a systematic progression. Taught this way, core training builds both strength and the protective stability that carries over into better posture, reduced injury risk, and stronger performance in daily life.

Every core section follows the same arc: stabilize (core blast), load (something that transitions easily from your core blast), increase dynamic output (change location and plane, move upper and lower body) and finish with a final plank.

Order	Segment	Time
Core Blast	Core Blast (hold)	1:00
1	Progressive Loading	1:00–1:30
2	Increase Dynamic Output	1:30–2:00
3 - <i>optional for fusion only</i>	Increase Dynamic Output	1:30–2:00
Final Plank	Final Plank	1:00

Total section time — Fusion: 7–9 minutes (number of dynamic postures flexible within this window; account for setup and transitions). Express: 6-7 minutes.

Core Blast (always 60 seconds)

A 60-second hold that teaches the body to resist movement and build spine and pelvic control before moving more. Core blasts are true holds only

- All Fours Hold
- Boat Pose
- Hollow Body Hold
- Modified Boat Pose
- Pilates 100
- Side Plank (30 seconds each side, quick transition between)
- Supine Plank

- Superman Hold
- Tabletop Press
- TRX All Fours Hold
- TRX Boat Pose, facing either direction
- TRX Pilates 100
- TRX Resistance Plank

Cueing essentials:

- Drawing In — pull the navel toward the spine to activate the deep stabilizers (TVA, diaphragm, pelvic floor, multifidus).
- Bracing — isometric tightening of the entire trunk to stabilize the rib cage and pelvis.

Posture 1 — Progressive Loading (1:00–1:30)

Once the body is stabilized, add movement through flexion, extension, lateral flexion, or rotation. Choose a posture that transitions easily from your core blast — the same or a similar starting position — so you intensify the burn you've already started and gradually add resistance to an already-stabilized core.

Example pairings:

- All Fours Hold → Lateral Leg Swings (set up All Fours Hold with glider already in place for a quicker transition)
- All Fours Hold → plank rollouts with gliders (set up All Fours Hold with glider already in place for a quicker transition)
- Boat Pose → Reverse Marches
- Boat Pose → Russian Twists
- Hollow Body Hold → Single-Leg Reverse Roll-ups
- Pilates 100 → push-pulls
- Tabletop Press → push-pulls
- Tabletop Press → Deadbugs

Posture 2— Increase Dynamic Output (1:30–2:00)

Optional Posture 3 (recommended for fusion classes only-1:30 - 2:00)

These are your biggest moving postures. Depending on the format you're teaching and your specific program, you'll finish with one or two postures here. Each should:

- Change plane / location. If your first two postures were on hands and knees (e.g., all fours → lateral leg swings), move off the hands and knees now. If you've already done two on your back, take the next one seated, to all fours, or prone.
- Move both upper and lower body — think ball exchanges, scissors, corkscrews, swimmers, Down Dog hip dips.

Training across the planes prepares the core for the demands of real life. Challenge clients to build rotational control, side-to-side strength, and overall movement efficiency.

Final Plank (always 60 seconds)

Always a 60-second plank — never another core blast. This signals the final challenge of class before cool-down and should be taught with motivation and encouragement. Volume can come down, but project some power into your words — this is a tough way to end, and clients appreciate that you recognize it.

Stay present, available to correct, and walk around motivating them — telling them how strong they are for this final push. Save wipes for when they move into child's pose; there's no need to demo it. Talk them through a child's pose and shoulder stretches, or guide some deep breathing, while you walk around and pass out wipes.