



Functional Core, 8-Week Online Course

Functional Core, Introduction (20 minutes)

- Welcome to Functional Core (10 minutes)
- Equipment/Safe Use of Bands (10 minutes)

Functional Core, Week 1: The Breath (71 minutes)

- Welcome to Week 1 (2 minutes)
- Foundational Focus: The Breath (7 minutes)
- Breath: Common Compensations (13 minutes)
- Breath: Release Focus (16 minutes)
- Integration Focus: Car (9 minutes)
- Integration Focus: Desk (7 minutes)
- Challenge Focus: Cardio (5 minutes)
- Challenge Focus: Bands Week 1 (9 minutes)
- Week 1 Recap (3 minutes)

Expect a total of just under 1.5 hours of watch time the first week of access

Functional Core, Week 2: Deeper Connection (53 minutes)

- Welcome to Week 2 (2 minutes)
- Foundational Focus: Connection and Massage (17 minutes)
- Deeper Connection: Common Compensations (3 minutes)
- Deeper Connection: Release Focus (7 minutes)
- Integration Focus: Bathroom (5 minutes)
- Integration Focus: Before Bed (5 minutes)
- Challenge Focus: Bands Week 2 (12 minutes)
- Week 2 Recap (2 minutes)

Functional Core, Week 3: Advanced Neutral Pelvis (95 minutes)

- Welcome to Week 3 (3 minutes)
- Foundational Focus: Neutral Pelvis Alignment (18 minutes)
- Neutral Pelvis: Common Compensations (9 minutes)
- Release Focus: Neutral Pelvis (19 minutes)
- Integration Focus: Chores (19 minutes)
- Integration Focus: Parenting Postures (11 minutes)
- Challenge Focus: Lower Body Week 3 (14 minutes)
- Week 3 Recap (2 minutes)

Week 4 continued on the next page...

Functional Core, Week 4: Active Walking (53 minutes)

- Welcome to Week 4 (3 minutes)
- Foundational Focus: Active Walking (5 minutes)
- Release Focus: Lower Body Foam Roller (9 minutes)
- Integration Focus: Errands (7 minutes)
- Challenge Focus: Walk/Run Progression (14 minutes)
- Challenge Focus: Lower Body Week 4 (14 minutes)
- Week 4 Recap (1 minute)

Functional Core, Week 5: Advanced Neutral Ribcage (52 minutes)

- Welcome to Week 5 (2 minutes)
- Foundational Focus: Advanced Neutral Ribcage (5 minutes)
- Common Compensations: Advanced Neutral Ribcage (12 minutes)
- Release Focus: Upper Body Foam Roller (11 minutes)
- Integration Focus: Shower (5 minutes)
- Integration Focus: TV (6 minutes)
- Challenge Focus: Bands Week 5 (10 minutes)
- Week 5 Recap (1 minute)

Functional Core, Week 6: Fitness Minutes (48 minutes)

- Welcome to Week 6 (2 minutes)
- Foundational Focus: Fitness Minutes (7 minutes)
- Common Compensations: Fitness Minutes (6 minutes)
- Release Focus: Fitness Minutes (8 minutes)
- Integration Focus: Outside Chores (9 minutes)
- Fitness Minutes: 3-minute full body workout (4 minutes)
- Fitness Minutes: 3-minute standing abs (3 minutes)
- Fitness Minutes: 3-minute arms (4 minutes)
- Fitness Minutes: 3-minute legs (3 minutes)
- Week 6 Recap (2 minutes)

Functional Core, Week 7: Low Impact Sports (109 minutes)

- Welcome to Week 7 (5 minutes)
- Foundational Focus: Low Impact Sports Transitions (16 minutes)
- Common Compensations: Low Impact Sports Transitions (8 minutes)
- Release Focus: Low Impact Sports Transitions (6 minutes)
- Integration Focus: Low Impact Skill Breakdown Mindset (9 minutes)
- Challenge Focus: Low Impact Sports Breakdown (42 minutes)
- Challenge Focus: Swimming & Diastasis Recti (20 minutes)
- Week 7 Recap (3 minutes)

Week 8 continued on the next page...

Functional Core, Week 8: High Impact Sports (62 minutes)

- Welcome to Week 8 (5 minutes)
- Foundational Focus: High Impact Sports Transitions (6 minutes)
- Common Compensations: High Impact Sports Transitions (9 minutes)
- Release Focus: High Impact Sports Transitions (12 minutes)
- Integration Focus: High Impact Skill Breakdown Mindset (8 minutes)
- Challenge Focus: High Impact Sports Breakdown (18 minutes)
- Week 8 Recap (4 minutes)

Functional Core, Conclusion (4 minutes)

- Functional Core Wrap Up (4 minutes)

Total Course hours: 9 hours 23 minutes