



MINI CORE CHALLENGE 3

The Pooching Abs Fix: Flatten & Strengthen



BRITTANY
PERILLE

DISCLAIMER

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MINI CORE CHALLENGE #3

REQUIRED EQUIPMENT



BALLOON



**SMALL SOFT BALL (9 INCH)
OR SMALL PILLOW OR YOGA BLOCK;
ESSENTIALLY SOMETHING YOU CAN SQUEEZE:**

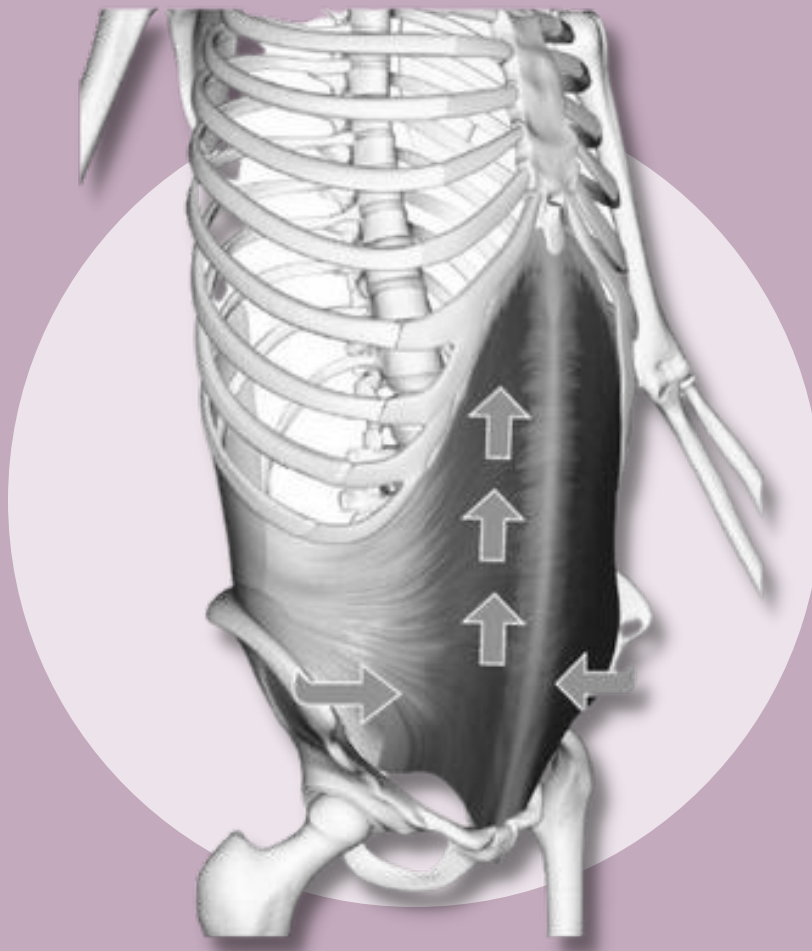
EQUIPMENT SWAPS

Balloon can be swapped for: straw, breathing trainer or pursed lips

REST TIME BETWEEN SETS & EXERCISES – 10-60 SECONDS
or what feels best for you

MINI CORE CHALLENGE #3

HOW TO ACTIVATE YOUR TRANSVERSE ABDOMINIS TVA



Imagine as though you are bringing the front of your right and left pelvic hip bone together and drawing them in and up towards your ribs. This is also known as “wrapping your core” or in pregnancy “hugging the baby”.

MINI CORE CHALLENGE #3

HOW TO CONTRACT + LIFT

For the most optimal pelvic floor engagement, we want to focus on both contracting/squeezing & lifting.

TO ACHIEVE THIS, USE THIS IMAGERY:

- Imagine as though you are drawing your tailbone in towards your pubic bone
- Imagine drawing a marble into a your rectum, blueberry into your vagina & raisin into your urethra
- **The diamond technique:** Imagine drawing the four sides of your pelvic floor (think diamond shape) together & upwards
- Another popular cue is to imagine you have a straw inserted inside your vagina & are sucking a drink in through the straw & upwards
- **Males:** imagine as though you are walking into an ice-cold lake of water or nodding your penis

NOTE: If you have pelvic floor tightness and/ or pelvic floor contractions are not right for you at the moment, simple omit this step and/or add in my releasing exercises between each exercise or spend more time on the releasing exercises at the end of our sessions.

There are so many wonderful cues, so try them all to see which imagery resonates the most with you!

MINI CORE CHALLENGE #3

HOW TO BREATHE UNDER A BRACE!

Let's learn how to breathe under a brace! This can be very beneficial not just for this program but also when lifting moderate to heavy weights in the gym.

Essentially, this means breathing while holding the contraction of your core muscles.

How this works is, when you exhale and contract your TvA, hold the contraction as you then take small inhales and exhales without fully relaxing and re-contracting your TvA (and pelvic floor muscles).

If I can break this down even simpler, hold the deep core contraction as you take small inhales and exhales; aka breathing under a brace.

WEEK 1

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 1

Core Breathing

*20 REPS IN THE MORNING AND 20 REPS AFTERNOON OR EVENING
HANDS AND KNEES OR SEATED OR HOOK LYING POSITION*

DESCRIPTION

1. Take a deep inhale through your nose, creating a 360-degree expansion of your ribs. Your stomach will gently expand as well as the back of your body.
2. Exhale through your mouth as you gently contract + lift your pelvic floor & engage your TvA (transverse abs) from the bottom up.



→ EXERCISE 2

Bridge x Single Leg Extension

REPS: 3 SETS OF 12 REPS; COUNT EACH LEG EXTENSION AS ONE REP

DESCRIPTION

1. Come into a bridge
2. Inhale through your nose, 360 degree breath
3. Exhale through your mouth as you gently contract + lift your pelvic floor & engage your TvA
4. Extend one leg and bring it back
5. Follow this breathing pattern as you alternate extending each leg



WEEK 1

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 3

Feet Up The Wall Ball/Pillow Squeeze

REPS: 3 SETS OF 12

DESCRIPTION

1. Inhale, 360 degree breath
2. Exhale through your mouth as you compress the ball & engage your TvA and raise your hips up
3. Inhale as you lower back down
4. This will be one fluid motion
5. Make sure you're imagining dragging your heels down the wall
6. A slight posterior pelvic tilt is acceptable



→ EXERCISE 4

Hook Lying Cross-Body Reach

REPS: 3 SETS OF 8 REPS (RIGHT AND LEFT REACH COUNT AS ONE SINGLE REP)

DESCRIPTION

1. Inhale through your nose, 360 degree breath
2. Exhale through your mouth as you gently contract + lift your pelvic floor & engage your TvA
3. Reach your hand towards the outside of your opposite knee
4. Follow this breathing patten as you alternate reaching



WEEK 1

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 5

Copenhagen Side Plank (Option to modify with elevated side plank)

*REPS: 4 SETS OF HOLDING AS LONG AS YOU CAN ON EACH SIDE
OPTION TO KEEP TOP HAND ON THE FLOOR AND BOTTOM FOOT ON THE FLOOR*

DESCRIPTION

1. Lie on your side with your ankle or just below your knee touching the chair or bench
2. Make sure your body is creating a straight line head to toe
3. Inhale, 360 degree breath
4. Exhale as you press your foot or calf into the chair/bench
5. When you exhale, lift your pelvic floor, activate your TvA and raise your bottom hip off the floor.
6. Hold at the top for as long as you can (minimum 10 seconds) before lowering back down for another inhale and repeat



→ EXERCISE 6

Releasing TA's

5 DEEP BREATHS ON EACH SIDE

DESCRIPTION

1. Sit with your legs swept to one side
2. Reach one hand over to your opposite knee & tilt slightly over towards that knee
3. When tilting, gently round forward in your lower back & not excessively from your middle or upper back. Your middle & upper back will be in more of an upright position as this will allow for the best TA stretch
4. Deep inhale, focusing on sending your breath into the open stretched side as you feel your ribs & TvA receive the air
5. Exhale & repeat with another inhale. Make sure to do both sides



WEEK 1

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 7

Butterfly Pose

REPS: 1SET OF 10 INHALES

DESCRIPTION

1. Lie on the floor with your knees touching.
2. Allow your knees to float down towards the floor, opening your legs, the soles of your feet should be touching.
3. From here, take nice deep inhales relaxing your PF
4. Do not contract your pelvic floor muscles when you exhale.



WEEK 2

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 1

Core Breathing

20 REPS IN THE MORNING AND 20 REPS AFTERNOON OR EVENING

DESCRIPTION

1. Take a deep inhale through your nose, creating a 360-degree expansion of your ribs. Your stomach will gently expand as well as the back of your body.
2. Exhale through your mouth as you gently contract + lift your pelvic floor & engage your TvA (transverse abs) from the bottom up.



→ EXERCISE 2

Hook Lying Hand to Opposite Knee Press (Cross-body connection w/ mini crunch)

REPS: 3 SETS OF 5 REPS; BOTH RIGHT AND LEFT SIDE COUNT AS 1 REP

DESCRIPTION

1. Lay on the floor with your knees bent
2. Inhale, 360 degree breath
3. Exhale, through your mouth as you gently contract + lift your pelvic floor & engage your TvA
4. Press your hand into your knee
5. Return to starting position as you inhale
6. Exhale and press you opposite hand and knee together



WEEK 2

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 3

Single Leg Bridge X Leg Kick to Pillow

REPS: 3 SETS OF 8 KICKS; COMPLETE ONE SET BEFORE DOING OPPOSITE LEG

DESCRIPTION

1. Lay with your knees bent on the floor and hold the pillow above your head
2. Inhale, 360 degree breath
3. Exhale, as you contact and lift your pelvic floor and engage your TvA as you then move into the bridge and kick the pillow
4. Inhale as you return to starting position
5. Complete 8 repetitions on the same leg before doing the opposite leg



→ EXERCISE 4

Supine Alternating Single Leg Kicks (use pillow)

REPS: 3 SETS OF 10 KICKS; BOTH RIGHT AND LEFT LEG COUNT AS 1 REPETITION

DESCRIPTION

1. Lay on the floor with the pillow held above your head
2. Inhale, 360 degree breath
3. Exhale, engage your TvA and slightly raise your head off the floor as you hold this TvA Engagement and breathe under a brace through each alternating kick.



WEEK 2

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 5

Hallow Body Hold (Option to add pillow under butt)

3-5 SETS HOLDING AS LONG AS YOU CAN

DESCRIPTION

1. Place the pillow under your butt and lay on the floor with your arms overhead and knees bent
2. Inhale, 360 degree breath
3. Exhale, engage TvA and raise one leg up at a time
4. Breathe under a brace and hold for as long as you can.
5. To make this easier, keep your legs high



→ EXERCISE 6

Releasing TA's

5 DEEP BREATHS ON EACH SIDE

DESCRIPTION

1. Sit with your legs swept to one side
2. Reach one hand over to your opposite knee & tilt slightly over towards that knee
3. When tilting, gently round forward in your lower back & not excessively from your middle or upper back. Your middle & upper back will be in more of an upright position as this will allow for the best TA stretch
4. Deep inhale, focusing on sending your breath into the open stretched side as you feel your ribs & TvA receive the air
5. Exhale & repeat with another inhale. Make sure to do both sides



WEEK 2

MONDAY

WEDNESDAY

FRIDAY

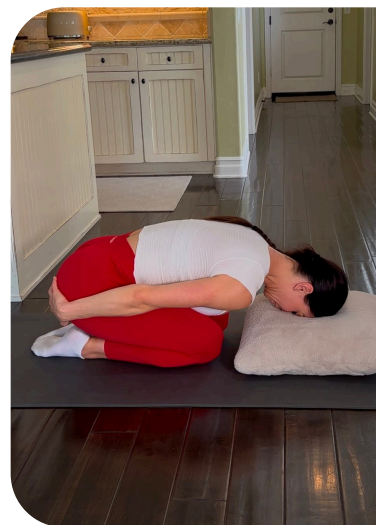
→ EXERCISE 7

Extended Child's Pose (Breathing into back)

REPS: 2 SETS OF 5 BREATHS

DESCRIPTION

1. Sit on your feet on the floor.
2. You have the option to use your hands to open your sits bones.
3. Lean forward coming into child's pose.
4. You can hold your sits bones open with your head on a pillow or place your hands on the floor above your head
5. From here, take nice deep breaths breathing into your pelvic bowl. DO NOT contract or lift your pelvic floor muscles. The goal is to relax and lengthen them



WEEK 3

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 1

Core Breathing

20 REPS IN THE MORNING AND 20 REPS AFTERNOON OR EVENING

DESCRIPTION

1. Take a deep inhale through your nose, creating a 360-degree expansion of your ribs. Your stomach will gently expand as well as the back of your body.
2. Exhale through your mouth as you gently contract + lift your pelvic floor & engage your TvA (transverse abs) from the bottom up.



→ EXERCISE 2

Supine Bent Knee Cross-Body Reach (reaching towards outside of knee) Option to hold a pillow

3 SETS OF 8 REACHES; REACHING TOWARDS RIGHT AND LEFT COUNT AS ONE COMPLETE REPETITION

DESCRIPTION

1. Lay on the floor with your knees bent and pillow above your head
2. Inhale, 360 degree breath
3. Exhale, contract and lift your pelvic floor and engage your TvA as you reach towards the outside of your knee
4. Think of your left rib slighting down towards your right hip for a cross-body connection
5. Inhale and exhale as you then reach towards your opposite knee



WEEK 3

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 3

Bear Hover w/ Ballon

4 SETS OF COMPLETE FILLING ON THE BALLON

DESCRIPTION

1. Come into hands and knees with a flat or slightly rounded under back
2. Inhale, through your nose for a 360 degree breath
3. Exhale, into the ballon as you lift your pelvic floor and engage your TvA as your knees hover over the floor
4. Hold this position and braced abs as you continue inhaling through your nose and exhaling into the ballon.



→ EXERCISE 4

Side Plank x Top Leg Abduction (option to add ballon)

3 SETS OF PLANKS ON EACH SIDE

DESCRIPTION

1. Lay on your side with your elbow under your shoulder
2. Inhale, through your nose 360 degree breath
3. Exhale, through your mouth and engage your TvA as you lift up into the side plank
4. Hold this engagement and breathe under a brace
5. Rotate your upper back if you feel lower back pain
6. Lift your top leg up (abduct) and down (adduct) for 5 repetitions or as many as you can do before lowering back down
7. Complete all sets on the same side before doing the opposite side



WEEK 3

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 5

Bridge Pillow Squeeze w/ Ballon

3 SETS OF COMPLETE BALLON FILLING

DESCRIPTION

1. Lay on the floor with your knees bent and pillow between your knees and ballon in your mouth
2. Inhale, through your nose for a 360 degree breath
3. Exhale, into the ballon, squeeze the pillow and raise your hips off the floor
4. Squeezing the pillow will allow for a gentle pelvic floor contraction
5. Hold this position as you inhale through your nose and exhale into the ballon until you completely fill up the ballon.



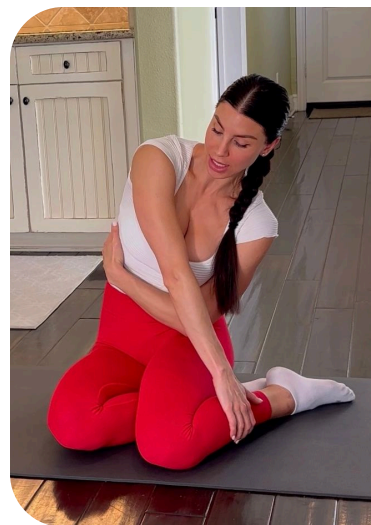
→ EXERCISE 6

Releasing TA's

5 DEEP BREATHS ON EACH SIDE

DESCRIPTION

1. Sit with your legs swept to one side
2. Reach one hand over to your opposite knee & tilt slightly over towards that knee
3. When tilting, gently round forward in your lower back & not excessively from your middle or upper back. Your middle & upper back will be in more of an upright position as this will allow for the best TA stretch
4. Deep inhale, focusing on sending your breath into the open stretched side as you feel your ribs & TVA receive the air
5. Exhale & repeat with another inhale. Make sure to do both sides



WEEK 3

MONDAY

WEDNESDAY

FRIDAY

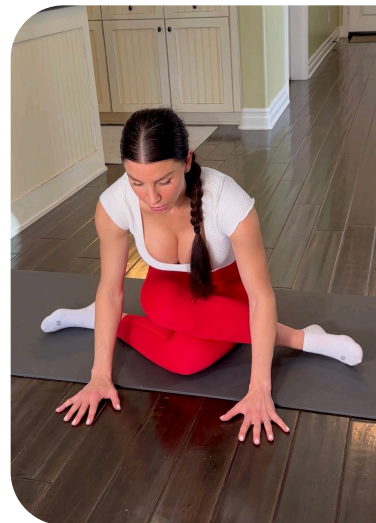
→ EXERCISE 7

Seated Wishbone (option to lean forward)

REPS: 1SET OF 5 BREATHS ON EACH SIDE

DESCRIPTION

1. Stack your knees and slightly lean forward as you pull your sits bones open.
2. From here, take nice deep inhales as you help your pelvic floor muscles to let go (DO NOT contract your PF when you exhale)
3. Alternate the crossing of your legs



WEEK 4

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 1

Core Breathing

20 REPS IN THE MORNING AND 20 REPS AFTERNOON OR EVENING

DESCRIPTION

1. Take a deep inhale through your nose, creating a 360-degree expansion of your ribs. Your stomach will gently expand as well as the back of your body.
2. Exhale through your mouth as you gently contract + lift your pelvic floor & engage your TvA (transverse abs) from the bottom up.



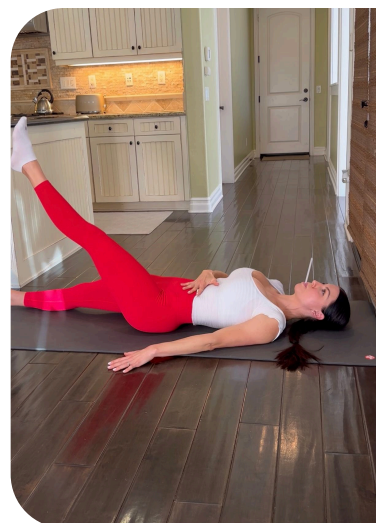
→ EXERCISE 2

Supine Alternating Single Leg Raise w/ Pursed Lips or a Straw

3 SETS OF 5; RIGHT AND LEFT LEG COUNT AS ONE COMPLETE REPETITION

DESCRIPTION

1. Lay on the floor with your leg extended
2. Inhale, through your nose for a 360 degree breath
3. Exhale, through your mouth as you contract and lift your pelvic floor and engage your TvA and raise one leg off the floor
4. Inhale and then Exhale for another repetition on the opposite side



WEEK 4

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 3

Dead Bug x Hand to Opposite Knee Press (Option to add ballon)

3 SETS OF 6; RIGHT AND LEFT LEG COUNT AS ONE COMPLETE REPETITION

DESCRIPTION

1. Lay on the floor with your knees bent and arms above your head
2. Lift your feet off the floor coming into table top
3. Inhale, 360 degree breath
4. Exhale, engaging your TvA as you press your opposite hand and knee into each other
5. Inhale, reset
6. Exhale, engage your TvA as you then press your opposite hand and knee into each other



→ EXERCISE 4

Feet Up The Wall Ball/Pillow Squeeze

3 SETS OF 10 REPS

DESCRIPTION

1. Lay on the floor with your feet on the wall and pillow/ball between your knees
2. Inhale, 360 degree breath
3. Exhale, engage TvA as you squeeze the pillow and raise your hips off the floor
4. Think of dragging your heels down the wall as you raise your hips up
5. Inhale on the way back down and release the pillow squeeze



WEEK 4

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 5

Bird Dog w/ Ballon

4 OR 5 SETS OF COMPLETE BALLON FILLINGS

DESCRIPTION

1. Come onto your hands and knees
2. Inhale, through your nose for a 360 degree breath
3. Exhale, through your mouth into the ballon and engage your TvA as you extend your opposite arm and leg.
4. Inhale, lower your arm and leg back down.
5. Exhale, into the ballon as you engage your TvA and extend your opposite arm and leg (alternating)



→ EXERCISE 6

Bent Knee Side Plank w/ Ball Squeeze or Copenhagen Side Plank

3 SETS OF 8 REPS ON EACH SIDE

DESCRIPTION

1. Lay on the floor with your knees bent and ball between your knees
2. Your elbow should be under your shoulder
3. Inhale, 360 degree breath
4. Exhale, engage TvA, compress the ball and raise up into a side plank
5. Inhale on the way back down and release the ball squeeze



WEEK 4

MONDAY

WEDNESDAY

FRIDAY

→ EXERCISE 7

Releasing TA's

5 DEEP BREATHS ON EACH SIDE

DESCRIPTION

1. Sit with your legs swept to one side
2. Reach one hand over to your opposite knee & tilt slightly over towards that knee
3. When tilting, gently round forward in your lower back & not excessively from your middle or upper back. Your middle & upper back will be in more of an upright position as this will allow for the best TA stretch
4. Deep inhale, focusing on sending your breath into the open stretched side as you feel your ribs & TVA receive the air
5. Exhale & repeat with another inhale. Make sure to do both sides



→ EXERCISE 8

Rockbacks w/ One Leg Extended

REPS: 2 SETS OF 5 TO 10 ROCKBACKS

DESCRIPTION

1. Come into hands and knees position and extend one leg out to the side.
2. From here, send your glutes to the wall behind you as you rock back and forth.
3. Feel free to stay in the back position and taking as many deep breaths as you need.
4. Alternate sides and DO NOT contract your pelvic floor muscles

