



GROUP CORE

Let's get **HARD CORE!** Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform - all to challenge you like never before. **REACH YOUR PEAK** with Group Core!

**30 MINUTES
5 SONGS**

HARD CORE!

TRACK NAMES

1. CorePREP
2. CoreMAX
3. CoreINTEGRATION
4. CoreSTABILITY
5. CoreMOBILITY

**Shoulders
CORE = to Hips**

LET'S MOVE!

CHALLENGE WITH

- Body Weight
- Weight Plates
- Towel
- Platform

STRONG CORE

- Great ABS
- Easier to do everything
- Faster
- Quicker
- More Powerful

Core Training is more than ab curls!

INTEGRATED TRAINING

- Core
- Balance
- Power
- Resistance

**30 Minutes
Get it all!**

ACTION PACKED!

REACH YOUR PEAK

PHANTOM 181C

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Group Core endures the most rigorous testing process in the fitness industry. Each release is seen by over 2000 people during this process to ensure the highest quality, the most effective workouts and a program that you'll love time and time again.

What they RAVED about in testing:

- "Awesome 30-minute training session."
- "Jaw dropping start and a back half that sneaks up on you!"
- "Goal theme is what training is all about!"
- "Music was rocking!!!"
- "Just when you thought burpees couldn't get more challenging..."

Most Memorable Moment:

"Surprise! Walking push ups!"

