The Kickboxers Core Training Guide.

40 Innovative Core Training Techniques.

Mike Rao, FSK-12 Founder & Creator.

Mike Rao Fitness
Hi Everyone!

Thank you for signing up for my complimentary ab program. I am so happy that you have taken an interest in working out and getting in shape.

Without a doubt, this is going to be a great investment of your time. Before we get into the program I want you to get to know me a bit!

I am a 27-year-old male living in Toronto. I first got involved into kickboxing when I was 17. I wanted to get involved with kickboxing because I was bullied a lot and picked on at school. I also severely lacked self-confidence.

After training for a few years, I began competing and I fought over 20 bouts. I became the TBA-SA 2011 B-Class Light Welterweight tournament champion and the 2014 Striking Open Class Tournament Silver medalist. Suddenly, all my self-confidence issues went away as the way people viewed me changed and of course no one bullied me anymore. In fact, I went from Mike, the loser who no one wanted to be around to Mike, the fit guy. I say this quite quickly, but let me be clear, I tried killing myself because I was bullied so much and almost dropped out of high school.

I worked as a personal trainer at premier fitness in Burlington, Ontario, Canada. I quickly found that this was my passion so I began to coach and train athletes at my gym York Muay Thai in Toronto while I fought. I loved passing on the gift of fitness to others because it helped shape who I am today. To me, there is nothing more satisfying than when a client hugs me and tells me that because of me, their lives have improved 😊. I urge you to check out my blog, or reach out to me on facebook and GET AT ME!!

I created a new work-out method called the FSK-Method. This training technique is based off my experience as a fighter. My method is extremely effective at helping individuals lose weight and burn fat. This method has allowed me to help thousands of individuals get into the best shape of their life working out only 3 – 4 times a week for 20 minutes each session. As a trainer, I was limited to how many clients I could see a day, so I decided to put this program online to help as many people as I can.

If you want to learn more, please check out www.fatshredderkickboxing.com.

I sincerely hope that you enjoy my two free gifts, and if you have any questions please feel free to contact me via email: info@fatshredderkickboxing.com or reach out to me on Facebook at: https://www.facebook.com/mikeraofitness/ you can also check out my blog at: www.drivenfighters.com

To Your Success,

Mike Rao

Mike Rao.
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CALISTHENICS

1. 1" LIFT-OFF

   a. Start on the ground on your back.
   b. Straighten one leg while keeping the other bent.
   c. Bring one arm on the ground beside you and the other one (same side as the straight leg) behind your lower back.
   d. It is critical that your lower back is not straight or touching the ground but keeping its neutral curve.
   e. You are going to lift your upper-body up, 1 inch off the ground while maintaining that natural curve in your back, keeping contact with the hand in your lower back.

2. BIRD-DOG EXERCISE

   a. Start on the ground on your hand and knees.
   b. Focus on posturing the spine by reaching full extension (Arch your back or push your butt out) then pull it back just a bit so your back is in a neutral position.
   c. Squeeze your core and engage your glut and extend your leg and opposite hand out and back in.
   d. It’s important to engage your body and flex it so that you do not wobble.
   e. The only thing that should be moving is your hip and arm.
3. **BRIEF-CASE CARRY**

   a. Carry a dumb bell or something heavy in one hand.
   b. Focus on countering your body's natural desire to lean to the one side.
   c. Stand up tall, and walk with a neutral spine (Chest up, squeezing shoulder blades back).

4. **BULL DOG HOLD**

   a. Get on your hands and feet, bring your legs in so that your knees are bent.
   b. Focus on keeping a neutral spine by squeezing your core, pushing your chest out and squeezing your shoulder blades together. At the same time, engage your glut.
   c. Hold the position

5. **BULL DOG SHOULDER TOUCH**

   a. Start in a bull dog position (see above)
   b. Without allowing any part of your body to move, bring up 1 hand, and touch the opposite shoulder.
   c. Your body will naturally want to shift left and right; it is critical you do not.
   d. Through-out the exercise your focus should be on engaging your whole body.
6. **DEAD BUG**

   a. Start on your back with your arms directly out pointing to the ceiling.
   b. Lower one arm directly over you while kicking the opposite leg down.
   c. Focus on keeping your core engaged so that nothing moves except your arm and leg.
   d. Repeat for the other side.

   ![Dead Bug](image)

7. **DRAGON FLY**

   a. Lay down on the ground with something above your head that you may grab onto (it must be secure). Alternatively, you can lay down on a bench.
   b. Lift your leg and upper body up so that you are resting on your upper shoulders. Be careful not to bend your neck.
   c. Using the bench or the stationary prop by your head, slowly lower your body down. Do not let your back drop first, keep your whole-body stiff.
   d. When you lower your body to the bench, use your core to lift your whole body back up.

   ![Dragon Fly](image)

8. **ELEVATED WALK-OUTS**

   a. Start in an elevated plank.
   b. Walk-out with your hands to a point where you find it challenging to stay up.
   c. When you walk, your hips will want to sway left and right. Engage your core and do not allow this to happen.
   d. Your body should be perfectly balanced as you walk in and out.

   ![Elevated Walk-Outs](image)
9. **FARMERS WALK**

   a. Pick up two dumbbells in each hand (Or anything that is heavy enough for you).
   b. Focus on maintaining a neutral spine; you accomplish this by bringing your shoulder blades back, pushing your chest out, squeezing your glut and engaging your core. You will feel your core pulling your hips in, while your glut pulls it the other way. Your back is like a suspension bridge, and your core and back muscles stabilize it.
   c. Lean forward slightly to the point where you are about to fall over.
   d. Walk forward with small steps, focusing on keeping your body upright.
   e. With each step your body will naturally want to lean left and right, the objective of this exercise is to not let this happen.

10. **FLUTTERS**

    a. Start laying on the ground with your hands to your side.
    b. Lift your legs up and bring one up and you lower the other. 1.
    c. Keep your core engaged throughout this exercise.
    d. Make sure to keep the neutral curve in your spine.
11. HANGING LEG RAISE

a. Use a chin up bar, any bar that can hold your weight (Test it well before using the bars) or you can even use two chairs.
b. Lift your legs up in front of you to your waist level.
c. You should feel this engaging your lower abdominal muscles.

12. HARD STYLE PLANK

a. Get into a plank position, on your elbows and knees.
b. Using a mirror, make sure that your back is flat.
c. Flex your entire body; form a fist with your hands, squeeze your shoulder, core and glut. Imagine someone is about to come and kick you.
d. Keep everything engaged for the entire duration of the exercise.

13. HARD STYLE SIDE PLANK

a. See above for hard style plank.
b. Turn your body to the side and hold a side plank on your elbows.
c. Like the hard style plank, engage your whole body as if someone were about to kick you!
14. HIGH PLANK

a. Hold a push up position.
b. The critical key here is to ensure you have a neutral spine (natural slight curve in your back) by keeping your shoulder blades squeezed together, glut engaged, and core engaged.
c. Your whole body should be stiff, and engaged.

15. HIGH PLANK SHOULDER TOUCH

a. See high plank.
b. With a focus on engaging your full body, lift your arm and touch your opposite shoulder.
c. Your body is going to sway left and right if you do not brace yourself fully by squeezing your back, chest, shoulders, core and glut. Image someone is about to try to kick you over.
d. Brace for impact! The only thing that should move is your one hand.

16. HIGH PLANK HANDS UP

a. Start in a high plank.
b. Keeping your whole body engaged, lift your head and look forward as you bring one hand directly in front of you and hold for three seconds.
c. It is critical that you engage your whole body because this will prevent you from shifting side to side.
d. The “bracing” that you will perform is what gives your core such a great workout.
17. HIGH PLANK PUNCH

a. See high plank and High Plank Arm Lift.
b. Instead of lifting your arm, you will punch the air in front of you.
c. This exercise offers a higher level of difficulty because your body will want to move when you punch, don’t let your body move!
d. The difference between this exercise and the high plank arm lift is that in this exercise you are punching, where the other exercise you simply lift your arm.

18. IN AND OUT

a. Get on the floor in a seated position.
b. Place your hands behind you.
c. Kick your legs in and out.
d. When your legs are “out” they should be fully extended.

19. RUSSIAN TWIST

a. Get in a seated position on the floor.
b. Lift your legs up, you can use a weight if you’d like.
c. Twist your body left and right and touch the floor on the left and right.
d. When you twist, make sure that your back is neutral and not hunched or rounded.
20. **SCISSORS**

a. Lay down on the floor with your hands to your side.
b. Bring your feet up to about 6 inches off the floor.
c. Open your legs as wide as possible, then criss cross them.

21. **SIDE PLANK DIPS**

a. Get into a side plank position.
b. Lower your hips to the ground.
c. Bring your hips back up.
d. Focus on engaging your core so you do not wobble.

22. **SIDE PLANK TWIST**

a. Get into a side plank position.
b. Take your opposite hand, and turn towards the ground.
c. Twist all the way down, then come back up.
d. Focus on engaging your core so you do not wobble.
23. SINGLE ARM GLIDE OUT PUSH UP (4 DIRECTIONS)

a. Start in a push up position.
b. Place a glider (or paper towel) under one hand.
c. Slide your arm out either to the side or straight in front of you as you do a push up.
d. Focus on keeping your back straight and core engaged as you extend your arm out.
e. As you lower yourself down you will struggle to stay balanced, at this point, it is critical you keep your whole body engaged (specifically core) so that you remain balanced.

24. V-UP

a. Lay down on the floor with your arms straight over head of you and your feet pointed downward.
b. Bring your legs up at the same time as your arms.
c. Try to clap the top of your feet with your hands when they meet in the middle.

25. WINDSHIELD WIPER

a. Lay down on the floor with your hands to your side.
b. Have your legs straight in the air (slight bend is okay).
c. Bring your legs side to side, like a windshield wiper.
26. WINDMILL

   a. Lay down on the floor with your hands to your side.
   b. Have your legs straight in the air (slight bend is okay).
   c. Bring your legs side to side, like a windshield wiper.

27. BAND HOLD

   a. Hook the black resistance band to a stationary prop.
   b. Step out approximately 2 steps or to whatever tension is comfortable.
   c. Engage your core, through-out your whole body with a focus on neutral spine with your chest up.
   d. Extend your arm and hold it directly in front of you as you extend out.
   e. Hold for 5 seconds.
   f. Return your arms.
28. BAND TWISTS

a. Hook the black resistance band to a stationary prop.
b. Step out approximately 2 step or whatever tension is comfortable.
c. Keeping a neutral spine, with a tight core, shoulder blades back, chest up, turn your upper body to twist.
d. Return to the neutral position.

29. BAND WALK-OUTS

a. Hook the black resistance band to a stationary prop.
b. Keeping a neutral spine, with a tight core, bring the resistance band directly over your head.
c. Hold the band still so that you aren’t being pulled back.
d. Walk back.

30. ISO-METRIC SIT UP

a. Place your feet under something heavy enough to support you.
b. Get into a sit up position, stop in the middle.
c. Make sure you keep a neutral spine with your chest pushed out, shoulder blades back, and a slight arch in your back.
d. Do not curve your back as if you were a crunch, you want to keep your spine neutral!
31. **ISOMETRIC WALL PRESS**
   a. Place your hand straight out in front of you against a wall.
   b. Without using your arm strength, turn your upper body as hard as possible into the wall.
   c. Continuously (Static Hold) press against the wall as you feel your core being engaged.

32. **SEATED LEG HOLD**
   a. Sit on the floor with your legs in front of you and your arms on the ground to your side.
   b. Lift your body up and lift your legs above the ground.
   c. Place your arms closer to your body and lift your leg about 2 inches off the ground.

33. **V-HOLD**
   a. Lay down on the floor with your hands over head and your legs pointed directly down.
   b. Bring your legs so they point about 45 degree and your hand out at 45 degree.
   c. Hold this position.
GLIDERS/BOSU BALL

34. KNEE-IN + OUT (GLIDERS)

a. Place gliders (or a tower) under your feet.
b. Keeping a neutral spine by engaging your upper body, slide your knees in and out.
c. Make sure when you slide your knees in that your lower back does not become rounded.

![Image of a person doing knee-in and out exercise with gliders]

35. LATERAL WALL THROWS

a. Retrieve a weighted medicine ball. Use an appropriate weight that is comfortable (4 - 7 lbs)
b. Find a wall that is solid. Do not use anything that is not solid such as drywall, glass, etc.
c. Stand approximately 4 feet perpendicular away from the wall.
d. Throw the medicine ball by pivoting your body. Do not throw the ball using your arm strength. Rather use your arms to brace the ball and let your core do the work.

![Image of a person throwing a medicine ball against a wall]
36. SKIP KNEE (GLIDERS)

a. Place glides (or a towel) under your feet.
b. Keep your upper body engaged by squeezing your shoulder blades back and pushing your chest out.
c. Slide 1 knee in at a time, pretending to knee something.

37. PIKE (GLIDERS)

a. Place glides (or a towel) under your feet.
b. Keep your upper body engaged by squeezing your shoulder blades back and pushing your chest out.
c. Bring both of your feet in, as you focus on keeping your back neutral imagine someone is lifting you by your hips upwards.
38. MOUNTAIN CLIMBER (GLIDERS)

a. Place glides (or a towel) under your feet.
b. Keep your upper body engaged by squeezing your shoulder blades back and pushing your chest out.
c. Slide 1 feet to your side as if you were doing a big mountain climber step.
d. Alternate sides.

39. IN AND OUT (BOSU BALL)

a. Lay on-top of a bosu-ball, make sure that your body is straight. Engage your core, squeeze your shoulder blades back and squeeze your elbows in together to engage your lats.
b. With a focus on keeping a neutral spine, extend your arms out to a point where it becomes difficult to stay up right.
c. Bring your arms back.

40. STIR THE POT (BOSU BALL)

a. Lay on-top of a bosu-ball, make sure that your body is straight. Engage your core, squeeze your shoulder blades back and squeeze your elbows in together to engage your lats.
b. With your hands together, pretend like you are stirring a pot. Make sure to keep your core engaged.