



INTRODUCTION (Be sure to go back to the program online to view all of the videos referenced inside of this document).

Hi and welcome! **Thank you** for allowing me the privilege of guiding you on this journey toward restored AND improved **core stability and strength**. I guarantee it'll be a challenging and at times humbling – but also rewarding journey!

Before we get started on **learning and practice**, I NEED YOU to do two things for me pronto.

1. If you haven't yet, pause here for a minute and go over to the area called: **"Your 60-Day Journey to Restore Your Core."** This is where you'll see the vision I have for you to completely restore your core in 60 days! Get fired up and get ready to get going and get to work!

Then...

...come back here and listen to the 1:20 **introductory video**.

Then when you're done, take a few minutes to keep reading: I'd love to share a *little bit of background* about **why** I am offering this course for you. It'll help you understand a bit better why you are here and why this is such a powerful program if you do the work in the right way! Let's go!

For most of the 20+ years I've been coaching people just like you, my priority has been working in a direct 1 on 1, coach to athlete setting. I always felt like that's where I could be most helpful – connecting with one person at a time to help them reach their goals. Even in instances where I was coaching a TEAM, I tried in the best way I knew how to connect with every person individually. As I embark on what will be my third-decade coaching, I've learned so much the hard way and as a result, have arrived to a deeper understanding of these two important and related aspects, which ironically presented a real quandary for me:

1. Not everyone has the interest or the ability to work with me 1 on 1, even though on some level they might benefit from the work we'd do together, and...
2. Even if they did have the interest and ability, there would never be enough hours or energy for me to work 1 on 1 with any more than a few athletes at a time.

A new and different way to share...

Over the last decade, as I've learned even more about what works to get out of injury cycles and in the process, get closer to exploding our potential, I knew I needed to figure out a better way to "replicate" myself and share the work that I do so that many more could benefit.

The answer was obvious, even though I resisted for a while. I needed to create some online programs and courses that would allow anyone willing to jump in, to get started on improving and benefitting from all my years of mistakes and learning. And yes, there's been a lot of mistakes but most importantly, a lot of learning.

So when I sat down to think about what I wanted to create and make available on my website, I couldn't help but come back to two questions:

1. What is it that I'm most passionate about AND also good at teaching?
2. What is it that's most needed in the running, triathlon, and even the general fitness world, right now?

But that wasn't all. I also wanted to set the table, so to speak, for more programs and courses to come. To do that, I knew I'd need to start with courses which are foundational in nature – that for all intents and purposes will be necessary for other, more advanced courses (or those that address a specific injury), in order for you to be successful in the future.

So what is it that is most needed in my opinion?

From my point of view, the first thing is that there needs to be more real teaching...and real instruction. And that includes beginning *at the beginning*.

Any program or course I create will start at a fundamental level and progress from there, simply because that is how it needs to be done. (Of course, more advanced programs will start at a more advanced level). Any other approach will absolutely lead to short-term gains...but *long-term frustration*.

The second thing is, perhaps because of the internet – Youtube, Facebook and Instagram among others, we've become a group who seems to like to watch other people train. In this case, it's trainers or models who are really good at what they (can already) do.

Let me ask you a question...how does simply watching others demonstrate what THEY are capable of, help us to improve?

Of course, I do understand more than most that a movement needs to be demonstrated correctly. My point is, if that "demo" is done very quickly without any real teaching, most people who "watch" won't "get it," and the results the viewer will receive will show that. I've seen that happen over and over again. Think of it this way: *If I want to learn how to move better, get stronger, or get OUT of an injury cycle, and I get online to purchase a course or program to help me do that – and the instructional videos feature a sculpted fitness model demonstrating the "perfect" way to perform an exercise – am I really learning what I need to, to get to where I want to be?*

My response to that question is, no, you're not.

To improve in a way that is **sustainable** and results in real, lasting change, requires we not only learn the what, but also to some degree, the why. And then the how – from the beginning. After all, you wouldn't expect a math student to be able to do calculus before first mastering basic math and algebra, would you?

Of course, creating courses and programs is about filling a need, right? Helping YOU to solve a problem in your life. Or in your training.

That IS what I'm going to do FOR YOU in this course. So buckle in and get ready.

1. **I'm going to start at the beginning when I teach you how to build skills and learn exercises.** And then I'm going to guide you progressively from that beginning, step-by-step, to higher, more dynamically challenging skills.
2. **I'm going to give you all of the fundamental skills you'll need to perform the more advanced skills which will surely follow.** The result? You'll restore balance, build core stability and strength from the ground up. Take it and run with it to the next level!

3. Guess what? I didn't hire a perfectly sculpted professional model to demonstrate those skills for you. I shot most of the videos myself, and hell – I'm 60 years old! With a hell of a lot of miles and wear and tear on the ole chassis! What I shot on video isn't perfect – far from it. But it IS real! My girlfriend, Terry, who is also featured in some of the videos, is also 60. She doesn't have a fitness or training background. She's just a regular lady (aging like the rest of us) who is trying to feel better and improve.

Bottom line, I know YOU ARE the kind of athlete who...

- Wants to feel and be healthier, more stable, mobile and stronger...
- Wants to truly understand what it means to have a stable and strong core...
- Wants to have anytime access online or on your smartphone to that program, whenever it is convenient for you, in the comfort of your own home.

So, with all of that said, are you ready to get started? Alright then!

But wait...before you go, here's three TIPS that I KNOW will help you get the most from this program.

1. **Become very familiar with Restoration and Foundation, first.** Make it your goal to master those skills, first and foremost. Those skills set the table and will make this program easier and ultimately more valuable for you.
2. **Resist the temptation to get to the "hard" stuff.** Ironically, it's the things that appear to be the easiest to do, that are often the hardest to DO WELL! So, embrace where you ARE, and practice relentlessly. Focus on the basics, first. Move better. Learn. When you KNOW you have achieved the desired skill at the level you're at, and believe you're ready to move on, then do it.
3. **Video yourself performing these skills.** Watch back and review. Look for subtle form deviations, then go back and correct them. It's the re-work that matters the most.