



MACKFIT

CORE
SLIDER
PROGRAM

8 WEEK FITNESS PROGRAM



@mackfit

mackfit.com



PLEASE READ THE FOLLOWING:

To reduce and avoid injury, you will want to check with your doctor before beginning any fitness program. This is not a medical-program. If you have concerns or questions you should consult with a local-licensed professional. By performing any fitness exercises associated with this program, you are performing them at your own risk.

MackFit, MackFit Corporation and it's associates will not be responsible or liable for any injury or harm you may possibly sustain as a result of this fitness program, online fitness videos, or information shared on our website. Thank you for your understanding and cooperation.

INTRO



ARE YOU READY?

Welcome to the MackFit Core Slider Program. In this 60 day program you will use the MackFit Core Sliders in conjunction with a dynamic and strategic workout routine. This program is not only designed to build a strong core, it is designed to help you get into the best shape of your life. Combine this program with MackFit's Precision Meal Guide to achieve the best results!

HOW TO SUCCEED



1 NUTRITION: Although this workout routine is designed to get you in excellent shape, a poor diet will halt your results.

2 CONSISTENCY: Follow the workout. It is designed to give you results and help you get into the best physical condition.

3 MOTIVATION: To stay motivated I encourage you to keep track of your progress. Use hashtags **#MackFit** and **#MackFitCoreSliders** in your pictures and videos!

PROGRAM OVERVIEW



EXERCISES

This workout program will combine various movements that include slider, bodyweight, and weighted exercises.

CIRCUIT TRAINING

What is circuit training?

Circuit Training is a workout technique involving a series of exercises performed in rotation with minimal rest. This style of training focuses on burning maximum calories.

EXAMPLE

Reverse Lunge 3X15
Mountain Climbers 3X20
Side Lunge 3X15
Knee-Tucks 3X20
Sled Push 3 sets 30 seconds

3 ROUNDS - 1-3 Minutes REST IN BETWEEN ROUNDS

EXERCISE LIBRARY



Alligator Walks



Alternative Push Aways



Chest Flys



Cross Mountain Climbers



Curtsy



Double Lunge



Dynamic Sumo Squat



Grasshoppers



Knee-Tuck



Knee-Tuck Push-ups



Leg Curls

EXERCISE LIBRARY



Mountain Climbers



Pikes



Plank Jacks



Reverse Lunge



Reverse Lunge (Advanced)



Reverse-Side Lunge Combo



Running Push Ups



Side Lunge

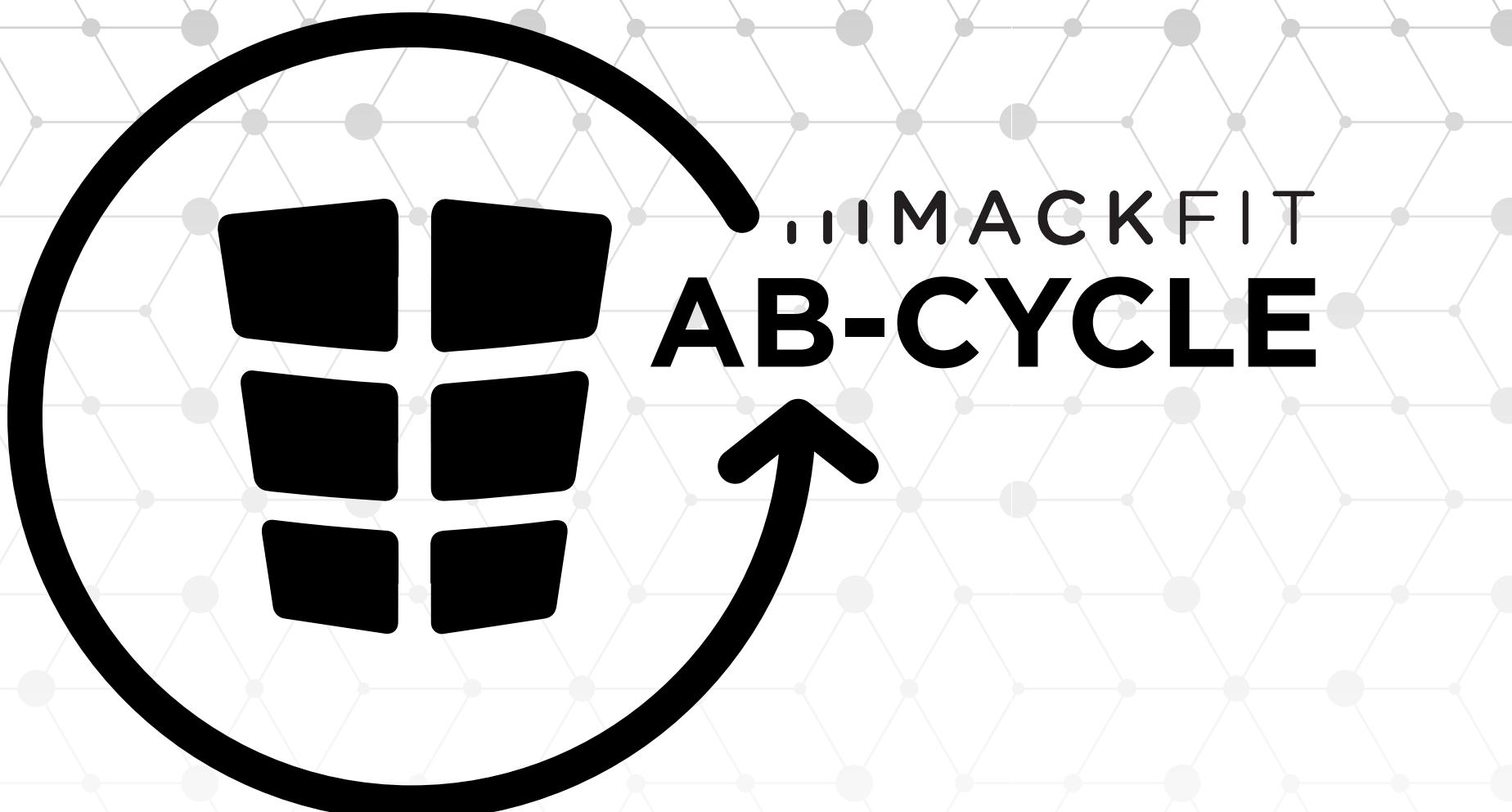


Single Knee-Tuck Jack



Sled Pushes

AB-CYCLE



The Mackfit Ab-Cycle is a signature series of core exercises to help you achieve a strong core with muscle definition.

Throughout the course of this fitness program you will be ending your circuit with the following Ab-Cycle exercises:

- 20 Crunches**
- 20 Reverse Crunches**
- 20 Leg Lifts**
- 20 Chops**
- 20 Scissors**
- 20 Bicycles**

WATCH AB CYCLE TUTORIAL



WEEK 1+2

Perform a 5-10 minute cardio warm-up and 5-10 minute full body stretch before starting your circuit.

MONDAY

CIRCUIT

- Reverse Lunge 3X15
- Mountain Climbers 3X20
- Side Lunge 3X15
- Knee-Tuck 3X20
- Sled Push 3 sets 30 seconds

[WATCH AB CYCLE](#) 

TUESDAY

CIRCUIT

- Double Lunge 3X15
- Plank Jacks 3X20
- Curtsies 3X15
- Knee-Tuck Push Ups 3X10
- Alligator Walk (Fwd & Bck) 3X10

[WATCH AB CYCLE](#) 

WEDNESDAY

CARDIO

(Choose 1 of the following)

- Running - 3 miles
- Elliptical - 3 miles
- Stairs or Stairmaster - 45 mins
- Cycling - 1h
- 20 - 1 minute sprint

FRIDAY

CARDIO

(Choose 1 of the following)

- Running - 3 miles
- Elliptical - 3 miles
- Stairs or Stairmaster - 45 mins
- Cycling - 1h
- 20 - 1 minute sprint

THURSDAY

CIRCUIT

- Dynamic Sumo Squats 3X20
(single step out for alternative)
- Pikes 3X20
- Grasshoppers 3X15
- Chest Flys 3X10
- Leg Curls 3X15

[WATCH AB CYCLE](#) 

SATURDAY

CIRCUIT

- Reverse-Side Lunge Combo 3X15
- Alternative Push Away 3X10
- Cross Mountain Climbers 3X20
- Running Push Ups 3X10
- Single Knee-Tuck Jack 3X15

[WATCH AB CYCLE](#) 

SUNDAY

REST

Use this rest day to recover and prepare for the following week's workout.

WEEK 3-8 INTRO

Let's turn it up a notch.

In weeks 3-8 we will be adding weight. The weights will range from 5-15 lb dumbbells. If you are at home and don't have access to dumbbells, you can use heavy objects such as a gallon of water for weight substitute.



WEEK 3-5

Perform a 5-10 minute cardio warm-up and 5-10 minute full body stretch before starting your circuit.

MONDAY

CIRCUIT

Reverse Lunge 3X15 (5-10Lb dumbbells)
Mountain Climbers 3X20
Side Lunge 3X20
Knee-Tuck 3X20
Sled Push 3 sets 45 seconds

[WATCH AB CYCLE](#) 

TUESDAY

CIRCUIT

Double Lunge 3X15 (5-10Lb Dumbbells)
Plank Jacks 3X20
Curtsies 3X15 (5-10Lb Dumbbells)
Knee-Tuck Push Ups 3X10
Alligator Walk (Fwd 3X15 & Reverse 3X15)

[WATCH AB CYCLE](#) 

WEDNESDAY

CARDIO

(Choose 1 of the following)

Running - 3 miles
Elliptical - 3 miles
Stairs or Stairmaster - 45 mins
Cycling - 1h
20 - 1 minute sprint

FRIDAY

CARDIO

(Choose 1 of the following)

Running - 3 miles
Elliptical - 3 miles
Stairs or Stairmaster - 45 mins
Cycling - 1h
20 - 1 minute sprint

THURSDAY

CIRCUIT

Dynamic Sumo Squats 3X20
(single step out for alternative)
Pikes 3X20
Grasshoppers 3X15
Chest Flies 3X10
Leg Curls 3X20

[WATCH AB CYCLE](#) 

SATURDAY

CIRCUIT

Reverse-Side Lunge Combo 3X20
Alternative Push Away 3X10 Cross
Mountain Climbers 3X20
Running Push Ups 3X10
Single Knee-Tuck Jacks 3X20

[WATCH AB CYCLE](#) 

SUNDAY

REST

Use this rest day to recover and prepare for the following week's workout.

WEEK 5-8

Perform a 5-10 minute cardio warm-up and 5-10 minute full body stretch before starting your circuit.

MONDAY

CIRCUIT

Reverse Lunge 3X20 (10-15lb Dumbbells)
Mountain Climbers 3X25 Side Lunge 3X20
Knee Tuck 3X20
Plank Jacks 3X20
Sled Push 3 sets 1 minute

[WATCH AB CYCLE](#) 

TUESDAY

CIRCUIT

Double Lunge 3X20 (10-15lb Dumbbells)
Knee-Tuck Push Ups 3X15
Curtsies 3X20
Cross Mountain Climbers 3X20
Pikes 3X20
Alligator Walk Fwd 3X20 & Back 3X20

[WATCH AB CYCLE](#) 

WEDNESDAY

CARDIO

(Choose 1 of the following)

Running - 3 miles
Elliptical - 3 miles
Stairs or Stairmaster - 45 mins
Cycling - 1h
20 - 1 minute sprint

FRIDAY

CARDIO

(Choose 1 of the following)

Running - 3 miles
Elliptical - 3 miles
Stairs or Stairmaster - 45 mins
Cycling - 1h
20 - 1 minute sprint

THURSDAY

CIRCUIT

Dynamic Sumo Squats 3X20
Grasshoppers 3X20
Reverse Lunge 3X20
Chest Flys 3X15
Leg Curls 3X25
Plank Jacks 3X20 Mountain Climbers 3X25

[WATCH AB CYCLE](#) 

SATURDAY

CIRCUIT

Reverse-Side Lunge Combo 3X20 (10-15lb Dumbbells)
Cross Mountain Climbers 3X25
Alternative Push Away 3X15 Single Knee Tucks 3X20
Pikes 3X20
Running Push Ups 3X20

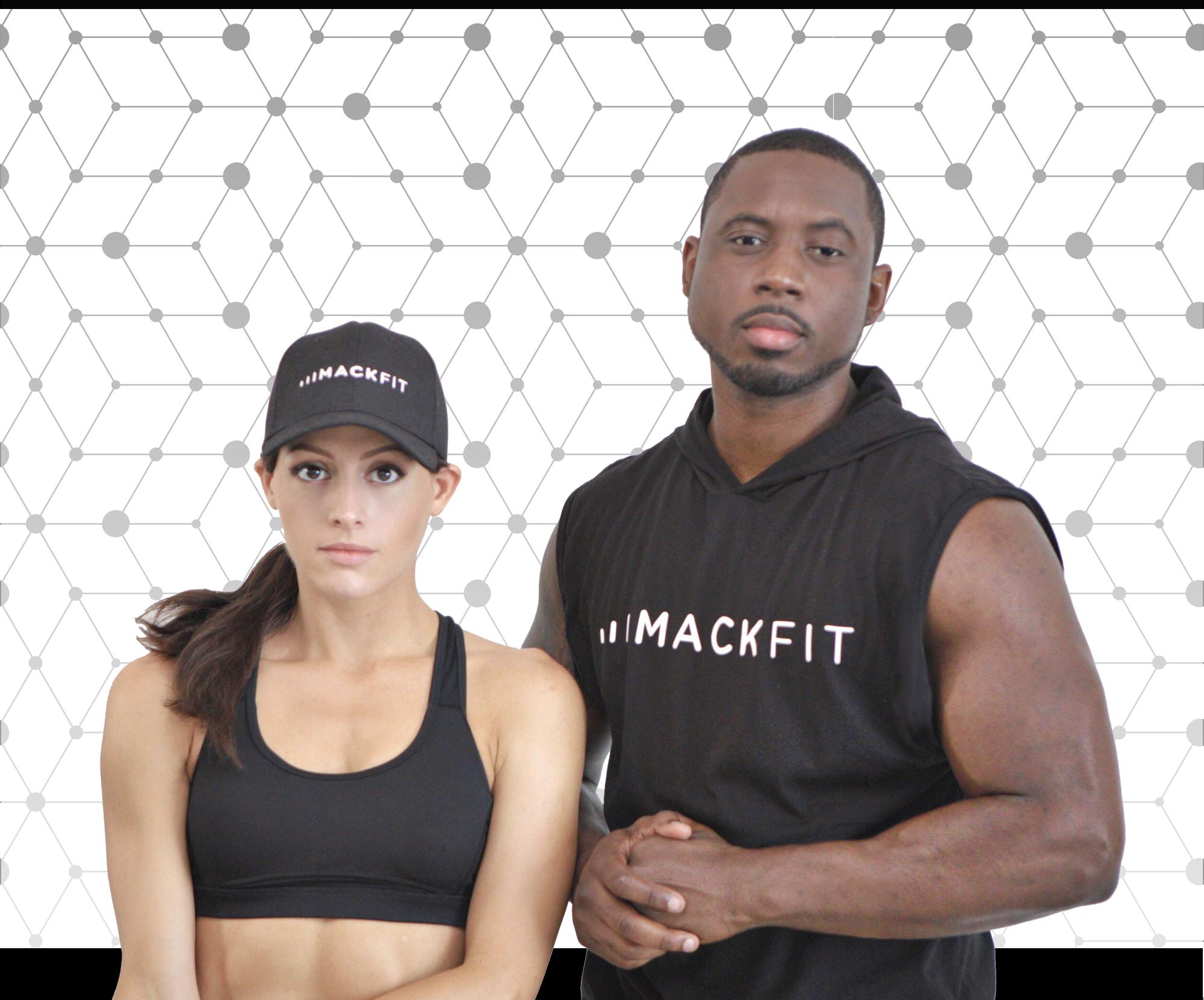
[WATCH AB CYCLE](#) 

SUNDAY

REST

Use this rest day to recover and prepare for the following week's workout.

CONCLUSION



CONGRATULATIONS! You have successfully completed The Core Slider program. Now that you are a slider expert, I encourage you to incorporate these exercises and training methods into all of your workouts. Don't forget to tag **@mackfit** with your progress for a feature!

COMPLETE PROGRAM