

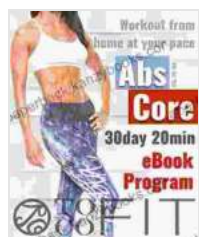
Unleash Your Core: TocoFit Abs and Core - The Ultimate Guide to a Sculpted Midsection

: Embark on a Journey to a Stronger, More Defined Core

Are you ready to unlock the secrets to a strong, defined core? Look no further than TocoFit Abs and Core, the ultimate guide to transforming your midsection. This comprehensive program empowers you with the tools and knowledge necessary to achieve your fitness goals and sculpt a body you'll love.

Expert-Crafted Exercises: Targeted Workouts for Optimal Results

TocoFit Abs and Core is jam-packed with a diverse range of exercises meticulously designed by fitness experts. Each exercise targets specific muscle groups in your core, ensuring a well-rounded workout that leaves no stone unturned.



TocoFit Abs and Core: Workout from home at your pace

by Mantak Chia

★★★★☆ 4.7 out of 5

Language : English

File size : 93367 KB

Screen Reader : Supported

Print length : 369 pages

FREE

DOWNLOAD E-BOOK





From classic crunches to advanced variations, the program caters to all fitness levels. With clear instructions and detailed illustrations, you'll master proper form and maximize the effectiveness of every workout.

Customized Nutrition Plans: Fuel Your Core with Optimal Nutrition

A sculpted core requires more than just exercise. TocoFit Abs and Core provides personalized nutrition plans that align with your fitness goals. These plans consider your dietary preferences and caloric needs, ensuring you receive the nutrients your body needs to build and maintain a strong core.

RECOMMENDATIONS FROM CHILDREN'S HOSPITAL DIETITIANS
NUTRITION GUIDE

Suggested Portion Sizes for Children Ages 1 to 5 years

FOOD GROUP	1 TO 3 YEARS	4 TO 5 YEARS	RECOMMENDED DAILY SERVINGS
GRAIN GROUP (Choose whole grains when possible)			
6 SERVINGS			
Wheat Baked bread, muffins Cakes Dry cereal Corned beef Rice, pasta	1/2-1 slice 1/2-1/3 2-3 1/2-1/3 cup 1/2-1/3 cup 1/2-1/3 cup	1 slice 1 1 1/2 cup 1/2 cup 1/2 cup	
FRUIT/VEGETABLE GROUP			
5 SERVINGS			
VITAMIN C SOURCES (Citrus, tomato, berries, peppers)			
4-5 SERVINGS			
Whole Cooked, canned, or chopped raw Juice	1/2 cup 1/2-1/3 cup 1/2-1/3 cup	1/2-1/3 cup 1/2-1/3 cup 1/2 cup	
VITAMIN A SOURCES (Carrots, broccoli, sweet potato, pumpkin, zucchini, orange, variety of green beans)			
4-5 SERVINGS			
Cooked, canned, or chopped raw	1/2 cup	1/2-1/3 cup	
OTHER FRUITS/VEGETABLES			
4-5 SERVINGS			
Whole Cooked, canned, or chopped raw	1/2-1/3 piece 1/2 cup 1/2-1/3 cup	1/2-1/3 piece 1/2-1/3 cup 1/2 cup	
MILK GROUP			
4-6 SERVINGS			
Milk, yogurt Cheese	1/2 cup 1/2 oz.	1/2 cup 1 oz.	
PROTEIN GROUP			
2 SERVINGS			
Lean meat, chicken, fish Beans, peas, nuts and nut butter Egg	1-1 1/2 tsp, 1/2 oz. 2-4 tbsp 1	2-3 tsp 4-5 tbsp 1	
FAT GROUP			
3-4 SERVINGS (DEPENDS ON CALORIE NEEDS)			
Margarine, butter, oil	1/2 tsp	1 tbsp	

Notes: (1) Always read labels on packaged foods. (2) Caution with cheese, milk, 3 years old, especially if high risk for food allergies.

www.childrenshospitaloakland.org
510-428-3000
 © 2017 Children's Hospital & Research Center Oakland

With meal ideas, recipes, and portion guides, the nutrition plans make it easy to stay on track and fuel your workouts effectively.

Motivational Strategies: Stay Inspired and Accountable

Maintaining motivation is crucial for achieving any fitness goal. TocoFit Abs and Core recognizes this and offers a wealth of motivational strategies to

keep you engaged and focused.



From inspiring quotes to progress tracking tools, the program provides the support and accountability you need to stay motivated and achieve your core-strengthening goals.

Testimonials: Real Results from Satisfied Customers

Don't just take our word for it! TocoFit Abs and Core has helped countless individuals transform their cores and achieve their fitness dreams.

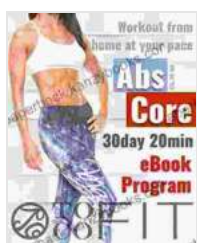


Read testimonials from real people who have experienced the transformative power of this program and witnessed remarkable results in their core strength, definition, and overall fitness.

: Achieve Your Core Fitness Goals with TocoFit Abs and Core

If you're ready to embark on a journey to a stronger, more defined core, TocoFit Abs and Core is the essential guide you need. With its expert-crafted exercises, customized nutrition plans, and motivational strategies, this program empowers you to unlock your core potential and achieve the body you desire. Invest in yourself today and experience the transformative power of TocoFit Abs and Core!

Free Download Your Copy Today



TocoFit Abs and Core: Workout from home at your pace

by Mantak Chia

★★★★☆ 4.7 out of 5

Language : English

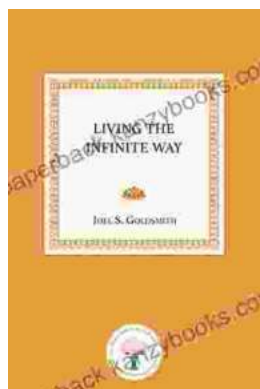
File size : 93367 KB

Screen Reader : Supported

Print length : 369 pages

FREE

DOWNLOAD E-BOOK



Unlock the Secrets of Consciousness and Infinite Potential: A Journey through "Living the Infinite Way"

In the realm of spiritual exploration and personal growth, "Living the Infinite Way" by Joel Goldsmith stands as a beacon of wisdom and inspiration....



Unlock the Power of Nature: Discover the Transformative Benefits of Juicing with 'More Than 51 Juicing Recipes for Every Condition'!

Embrace a Healthier Tomorrow with Natural Food 82 Step into the vibrant realm of juicing and unleash a world of natural healing. Our groundbreaking book, 'More Than...