

# 1 WEEK CORE WORKOUT GUIDE



| DAY 1  | DAY 2  | DAY 3   | DAY 4  | DAY 5  | DAY 6   | DAY 7   |
|--|--|---|--|--|---|---|
| <b><u>BASELINE STABILITY</u></b><br>EACH EXERCISE:<br>10 x<br>10-second holds<br>3-second rest<br><b>Repeat 2x</b> | <b><u>STABILITY BALL MOBILITY</u></b><br>EACH EXERCISE:<br>30 seconds work followed by 30 seconds rest<br><b>Repeat 3x</b> | <b><u>UNILATERAL CHALLENGE</u></b><br>EACH EXERCISE:<br>30 seconds work followed by 30 seconds rest<br><b>Repeat 3x</b> | <b><u>BASELINE STABILITY</u></b><br>EACH EXERCISE:<br>10 x<br>10-second holds<br>3-second rest<br><b>Repeat 3x</b> | <b><u>STABILITY BALL MOBILITY</u></b><br>EACH EXERCISE:<br>30 seconds work followed by 30 seconds rest<br><b>Repeat 5x</b> | <b><u>UNILATERAL CHALLENGE</u></b><br>EACH EXERCISE:<br>30 seconds work followed by 30 seconds rest<br><b>Repeat 5x</b> | <b>REST AND RECOVERY</b><br> |
| McGill Curlup<br>Side Plank<br>Bird Dog  | Stir the Pot<br>Stability Ball Knee Tucks (jackknives)<br>Stability Ball Opposite Arm/Leg Raises                           | Single-Arm Farmer Carry<br>Bicycle Crunches<br>Mountain Climbers<br>Plank Walkdown                                      | McGill Curlup<br>Side Plank<br>Bird Dog  | Stir the Pot<br>Stability Ball Knee Tucks (jackknives)<br>Stability Ball Opposite Arm/Leg Raises                           | Single-Arm Farmer Carry<br>Bicycle Crunches<br>Mountain Climbers<br>Plank Walkdown                                      |   |

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**S Baum**



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**The Bikini Body Motivation & Habits Guide** Kayla Itsines, 2017-12-19 Use the power of motivation and good habits to become fitter healthier and stronger for life Bikini Body Guides BBG co creator Kayla Itsines named the world's number one fitness influencer by Forbes shows you how to harness the power of motivation and build good habits around health and fitness Drawing on more than 40 000 survey responses from her global online community as well as extensive research and her experience as a trainer Kayla addresses what stops us from following through on our health and fitness goals In her second book The Bikini Body Motivation Habits Guide Kayla explores how you can overcome those obstacles set goals and stick to a long term plan for better health Inside you'll find helpful checklists and templates a 28 day meal plan more than 200 simple and delicious recipes shopping lists and a pull out 28 day workout poster Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long term health In this book I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick

### **The Rock Climber's Exercise Guide** Eric

Horst, 2016-12-01 The only conditioning book a rock climber needs Rock climbing is one of the most physically challenging sports testing strength endurance flexibility and stamina Good climbers have to build and maintain each of these assets This revised and updated edition of the classic book Conditioning for Climbers provides climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive personalized exercise program

### **The Beginner's Home**

**Workout Plan** Dale L. Roberts, 2016-06-13 Are you ready to finally begin working out but don't know where to start Wouldn't it be nice to get a simple exercise program you can do anywhere and at any time Then The Beginner's Home Workout Plan has exactly what you need without all the extra filler The #1 Best Selling Fitness Author Dale L Roberts put together the best first step for anyone new to fitness Stop fooling around with stupid fad diets trendy workout programs or shaky theories that don't have a leg to stand on You need sound advice on the fundamentals of working out with credible resources and proven results The Beginner's Home Workout Plan gives everything you need to start your new healthy lifestyle on the right foot and continue on to even better health and fitness In The Beginner's Home Workout Plan you'll discover Why beginners don't have to kill themselves for impressive results How short hit and split exercise programs work best What the simple exercises that are missing from most workout plans How less workout equipment equals less stress Fun yet powerful workouts to bring out the best in the beginner Appropriate home workouts for both men and women Hundreds of detailed images of exercise demonstrations Brief yet easy to understand instructions Over 90 days of exercise programs to keep you going for months to come Learn how to lose weight fast naturally without dieting and keep it off Easily modifiable workouts to use anywhere at any time The perfect health and fitness guide for weight loss All in a short book so you can read it quickly exercise right away and see results ASAP And so much more Stop hoping you get the right results by blindly searching the web for answers Get the correct information on the best steps for a beginner's home workout plan right NOW Scroll Up Click the Buy Button to

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exercise adherence Through accessible language and real world examples Daily Exercise Boost equips readers with the knowledge and tools to transform their health through manageable daily habits making it valuable for busy individuals seeking a more sustainable approach to fitness Lean and Hard Mackie Shilstone,2011-02-17 Mackie Shilstone is an expert in getting world class professional athletes as well as ordinary people into peak shape in record time helping them tone their bodies and maximize lean muscle Now Shilstone lays out his time tested medically sound strategies for building lean muscle with his work out smarter not harder plan for training rotation nutrition and state of the art supplements

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## **Table of Contents Workout Guide**

1. Understanding the eBook Workout Guide
  - The Rise of Digital Reading Workout Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Workout Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Workout Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Workout Guide

- Personalized Recommendations
- Workout Guide User Reviews and Ratings
- Workout Guide and Bestseller Lists
- 5. Accessing Workout Guide Free and Paid eBooks
  - Workout Guide Public Domain eBooks
  - Workout Guide eBook Subscription Services
  - Workout Guide Budget-Friendly Options
- 6. Navigating Workout Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Workout Guide Compatibility with Devices
  - Workout Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Workout Guide
  - Highlighting and Note-Taking Workout Guide
  - Interactive Elements Workout Guide
- 8. Staying Engaged with Workout Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Workout Guide
- 9. Balancing eBooks and Physical Books Workout Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Workout Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Workout Guide
  - Setting Reading Goals Workout Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Workout Guide



- Fact-Checking eBook Content of Workout Guide
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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