

# 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                                      |   |

# Workout Guide

**Eric Horst**



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seeking a more sustainable approach to fitness      Fitness for Travelers Suzanne Schlosberg, 2002 From the bestselling author of *The Ultimate Workout Log* and *Fitness For Dummies* comes a practical and entertaining guide for travelers who want to stay fit on the road 110 photos      **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      The Complete Guide to Physical Conditioning for Golfers David G. Keir, 1996      The Professional's Guide to Fitness Lawrence Schwartz, 1999 For business professionals who work hard and often get stuck in an office hotel room or commuter traffic getting fit and staying healthy can be a real challenge Now with *The Professional's Guide to Fitness* things just got a lot easier      **Video Rating Guide for Libraries** , 1991      **The Official Gold's Gym Beginner's Guide to Fitness** David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food      *Men's Health Total Fitness Guide* , 2002      The American Dietetic Association's Complete Food and Nutrition Guide The American Dietetic Association (ADA), Roberta Larson Duyff, 1998-05-20 A lifetime of sound advice on healthful eating from the world's foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn't have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association's Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn't work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world Named one of *Ladies Home Journal's* Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone's kitchen The *Oregonian* Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine      Laser Video Guide , 1997 The complete laser disc catalog movies music and special interest including karaoke

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