

1 WEEK

# CORE WORKOUT GUIDE



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

# Workout Guide

**Eric Horst**

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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

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**Guy's Guide to Achieving Your Ideal Body** Ben Greenfield,2012-05-08 Teaches how to customize workouts according to  
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