

1 WEEK

CORE WORKOUT GUIDE



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

BASELINE STABILITY

EACH EXERCISE:

10 x
10-second holds

3-second rest

Repeat 2x

STABILITY BALL MOBILITY

EACH EXERCISE:

30 seconds work
followed by
30 seconds rest

Repeat 3x

UNILATERAL CHALLENGE

EACH EXERCISE:

30 seconds work
followed by
30 seconds rest

Repeat 3x

BASELINE STABILITY

EACH EXERCISE:

10 x
10-second holds

3-second rest

Repeat 3x

STABILITY BALL MOBILITY

EACH EXERCISE:

30 seconds work
followed by
30 seconds rest

Repeat 5x

UNILATERAL CHALLENGE

EACH EXERCISE:

30 seconds work
followed by
30 seconds rest

Repeat 5x

REST AND RECOVERY



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

Carolyn Thompson



Workout Guide:

Workout from Home Guide: Planning, Equipment, & Workout Routines Stephen Berkley, 2021-01-15 It is generally assumed that a person should have lots of equipment at home to do workout at home But that is not true infact a person can workout at home using no equipment If you are the one without enough gym equipment but wants to continue your fitness program then this guide will help you This ebook will guide you to continue your workout at home with no gym equipment tools and gear Moreover some body exerises are mentioned in this book which is a great way to build your body strength Whatever your workout goal may be this guide will help you Whats included Moves to make your muscles stronger Different exercise routines for different muscles type Exercises for cardio workout routine A few minutes workout programs i e 20 minutes exercise workout tips for strong joints bodyweight workout routines complete info Ways to make your arms and shoulders stronger And much moreIf you cannot go to gym and want to continue exercise and fitness program at home then this guide is for you Scroll to the top of the page and click add to cart to purchase instantly *Calisthenics: Complete Step by Step Workout Guide to Build Strength (Accelerated Beginner's Guide to Calisthenics and Strength)* Carolyn Thompson, 2022-01-13 Calisthenics x r appear t n r h l fitness to a similar d gr w ght b d tr n ng exercises Th benefit of l th n over w ght b d tr n ng x r is that calisthenics requires l ttl t n additional u m nt ll u need your b d This book contains different calisthenics exercise routines and six months calisthenics exercise plan for beginner to experts Here is a preview of what you ll learn What is calisthenics work out Why choose it over other workout The three secrets of calisthenics Tips before starting Beginner routines Intermediate routines Expert routines Killer abs workout How to keep motivated This book will teach you how to build muscle with calisthenics how to get started on your calisthenics journey build strength using calisthenics and construct your own workout regimen Do you not know how to do the exercises Don t worry This book has all the exercises you need and it teaches you how to do them *A Complete Guide to At-Home Workouts: Tips, Equipment & Fitness Exercises* Bob Babson, 2025-07-15 A Complete Guide to At Home Workouts Tips Equipment Fitness Exercises by Bob Babson Description Get fit stay strong and feel your best right from home Whether you re a beginner or looking to upgrade your home fitness routine this complete guide helps you create effective efficient workouts without the need for a gym From bodyweight moves to simple gear suggestions you ll find everything you need to start and stay motivated Inside you ll discover Easy to follow workouts for strength cardio flexibility and balance How to choose affordable space saving home workout equipment Sample workout plans for weight loss toning and general fitness Tips for staying motivated tracking progress and avoiding injuries Adaptable routines for all levels from beginner to advanced Quick workouts for busy schedules including 10 minute circuits Bonus Stretching and recovery techniques for overall wellness This is your go to fitness companion for staying active energized and confident no gym required Liam Jolley - Abs Workout Guide Liam Jolley, 2016-09-12 My 25 Page Abs Workout and Guide The most frequently asked question I get is how do I get abs and what

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The Men's Health Guide To Peak Conditioning Richard Laliberte, 1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear

The Ultimate Guide to Exercise: Building Strength, Endurance, and Wellness Navneet Singh, Introduction Exercise is a fundamental aspect of a healthy lifestyle It enhances physical and mental well being improves longevity and helps prevent various diseases This book aims to provide a comprehensive guide to exercise covering different types of workouts benefits and best practices for all fitness levels Chapter 1 Understanding the Importance of Exercise The science behind exercise and health Physical benefits cardiovascular health muscle strength flexibility and weight management Mental benefits stress reduction improved mood and cognitive function Chapter 2 Types of Exercise Aerobic exercises running cycling swimming and dancing Strength training weightlifting resistance bands and bodyweight exercises Flexibility training yoga stretching and mobility drills Balance and coordination exercises Pilates Tai Chi and functional training Chapter 3 Creating an Effective Workout Routine Setting realistic fitness goals Structuring a balanced workout plan Importance of warm ups and cool downs Tracking progress and staying motivated Chapter 4 Exercise for Different Age Groups Workouts for children and teens Fitness routines for adults and busy professionals Senior friendly exercises for mobility and independence Chapter 5 Nutrition and Hydration for Optimal Performance The role of macronutrients and micronutrients Pre and post workout nutrition Hydration tips for different types of exercise Chapter 6 Overcoming Common Barriers to Exercise Dealing with lack of time motivation and energy Managing injuries and recovery techniques Adapting workouts for different fitness levels and conditions Chapter 7 Advanced Training Techniques High Intensity Interval Training HIIT Strength periodization and progressive overload Cross training and hybrid workouts Chapter 8 Mind Body Connection and Recovery The role of rest and sleep in fitness Meditation mindfulness and relaxation techniques The importance of active recovery Conclusion Exercise is a lifelong journey that brings countless benefits to both the body and mind By incorporating consistent movement into your lifestyle you can achieve long term wellness and vitality Whether you are a beginner or an experienced athlete this guide provides the knowledge and motivation to help you reach your fitness goals

[Exercise and You - The Complete Guide](#) Madeleine Smethurst, 2014-01-23 Exercising regularly helps us to maintain both good physical and psychological health as well as reducing our risk of developing chronic illnesses in the future It can also be a great social outlet and a good way to meet new people Exercise and You The Complete Guide is your straightforward and friendly guide

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