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CORE WORKOUTS



A 25 page
printable
workbook you
can use
today!

BEGINNER WORKOUTS

BEGINNER WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

2-4 Rounds depending on fitness level
Rest as little as possible between exercises

PILLAR BRIDGE LEVEL 1 X 15 SEC
HOLD

BIRD DOG X 5 REPS/SIDE

BEGINNER SIDE PILLAR BRIDGE X
10 SEC
HOLD

BIRD DOG X 5 REPS/SIDE



BEGINNER WORKOUT #2

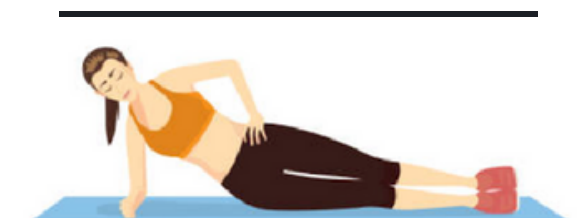
CORE WORKOUT

INSTRUCTIONS:

4-8 Rounds depending on fitness level
Rest as little as possible between exercises

**PILLAR BRIDGE LEVEL 1 X 15 SEC
HOLD**

**BEGINNER SIDE PILLAR BRIDGE X
10 SEC HOLD**



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INTERMEDIATE WORKOUTS


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INTERMEDIATE WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

Rest as needed between exercises, up to 30 secs

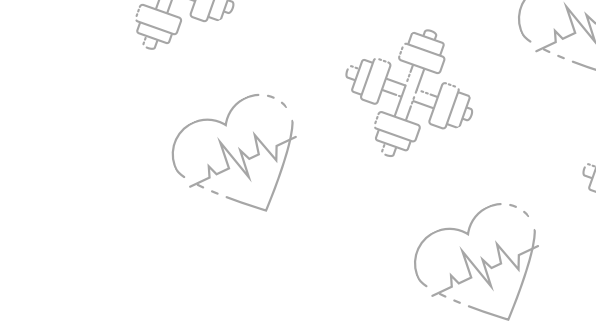
**PILLAR BRIDGE LEVEL 2 X 30-60
SEC HOLD**

LEG LOWERING X 10 REPS

**MOUNTAIN CLIMBERS X 20
REPS/LEG**

FLUTTER KICKS X 20 REPS/LEG

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INTERMEDIATE WORKOUT #2

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

Rest as needed between exercises, up to 30 secs

CRUNCH X 15 REPS

SIDE PILLAR BRIDGE X 20-30

SEC HOLD/SIDE

CROSS CRUNCH X 8 REPS/SIDE

SIDE PILLAR BRIDGE X 20-30

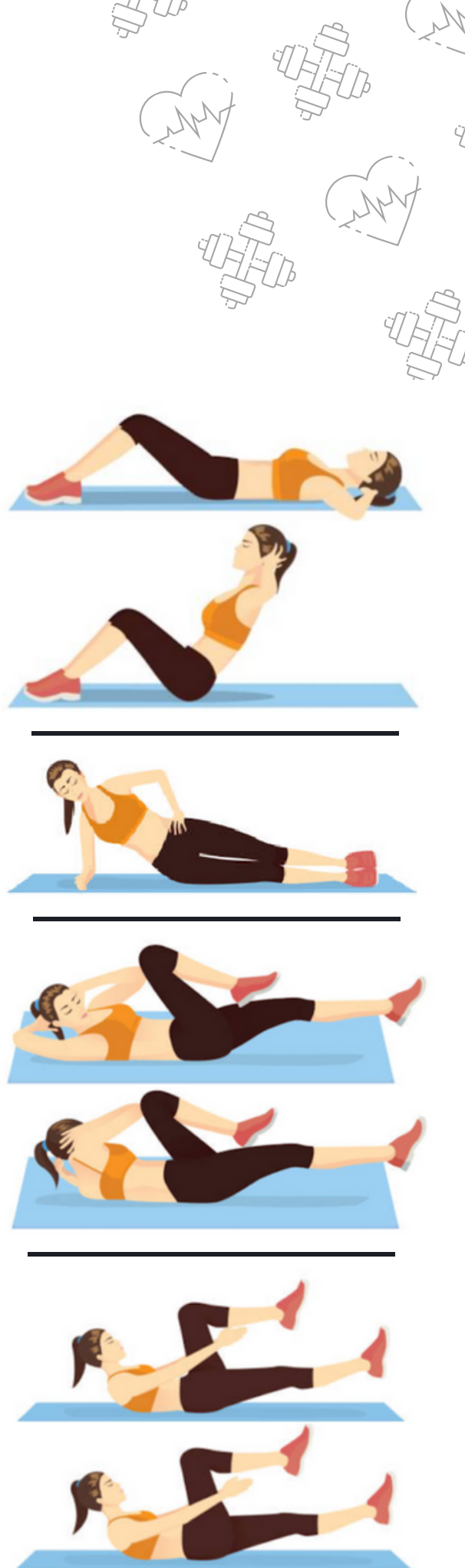
SEC HOLD/SIDE

**CRUNCH REACH THROUGH X 8
REPS/SIDE**

SIDE PILLAR BRIDGE X 20-30

SEC HOLD

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INTERMEDIATE WORKOUT #3

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level
Rest as needed between exercises, up to 30 secs

PILLAR BRIDGE 2 X 30-60 SEC
HOLD

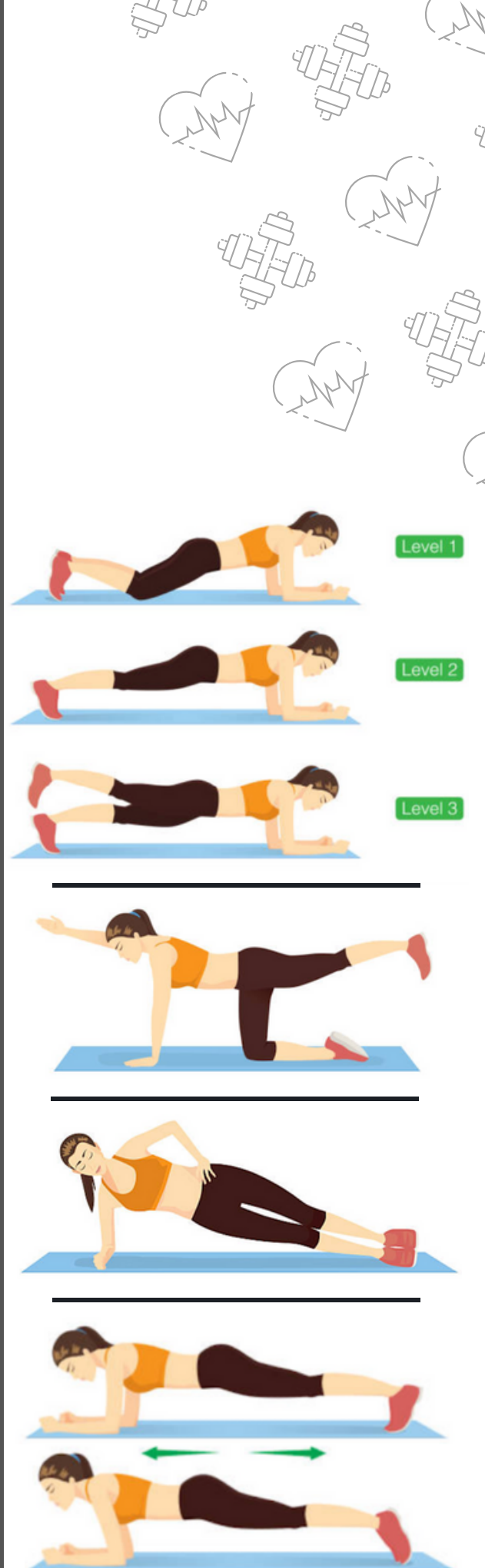
BIRD DOG X 8 REPS/SIDE

SIDE PILLAR BRIDGE X 20-30 SEC
HOLD/SIDE

BIRD DOG X 8 REPS/SIDE

PILLAR BRIDGE SAW X 25 REPS

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INTERMEDIATE WORKOUT #4

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

Rest as needed between exercises, up to 30 secs

LEG LOWERING X 30 SECS

MT CLIMBER X 60 SECS

FLUTTER KICKS X 30 SECS

MT CLIMBERS X 60 SECS

CRUNCH X 30 SECS

MT CLIMBERS X 60 SECS



ADVANCED WORKOUTS

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ADVANCED WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level
Rest as little as possible between exercises

PILLAR BRIDGE LEVEL 3 X 30
SEC/LEG

REVERSE CRUNCH X 15 REPS

SIDE PLANK X 30-45 SEC
HOLD/SIDE

V SIT UP X 15 REPS

ALTERNATE ARM/LEG RAISE X 10
REPS/SIDE

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ADVANCED WORKOUT #2

CORE WORKOUT

INSTRUCTIONS:

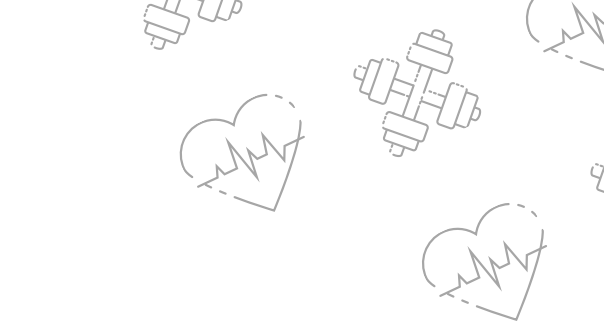
3-5 Rounds depending on fitness level
Rest as little as possible between exercises

PILLAR BRIDGE CRUNCH X 10
REPS/LEG

SIDE PLANK CRUNCH X 8
REPS/LEG/SIDE

V SIT UP X 15 REPS

RENEGADE ROW X 10 REPS/ARM



ADVANCED WORKOUT #3

CORE WORKOUT

INSTRUCTIONS:

Start with 1 rep of each, then add 1 rep
each round until you hit 10 reps
Rest as little as possible between exercises

SIDE PLANK CRUNCH 1 REP =
EACH LEG

REVERSE CRUNCH



ADVANCED WORKOUT #4

CORE WORKOUT

INSTRUCTIONS:

1-4 Rounds depending on fitness level
Rest as little as possible between exercises

PILLAR BRIDGE LEVEL 3 X 60 SEC HOLD

LEG LOWERING X 10 REPS

PLANK LEVEL 3 X 60 SEC HOLD

REVERSE CRUNCH X 10 REPS

PLANK LEVEL 3 X 60 SEC HOLD

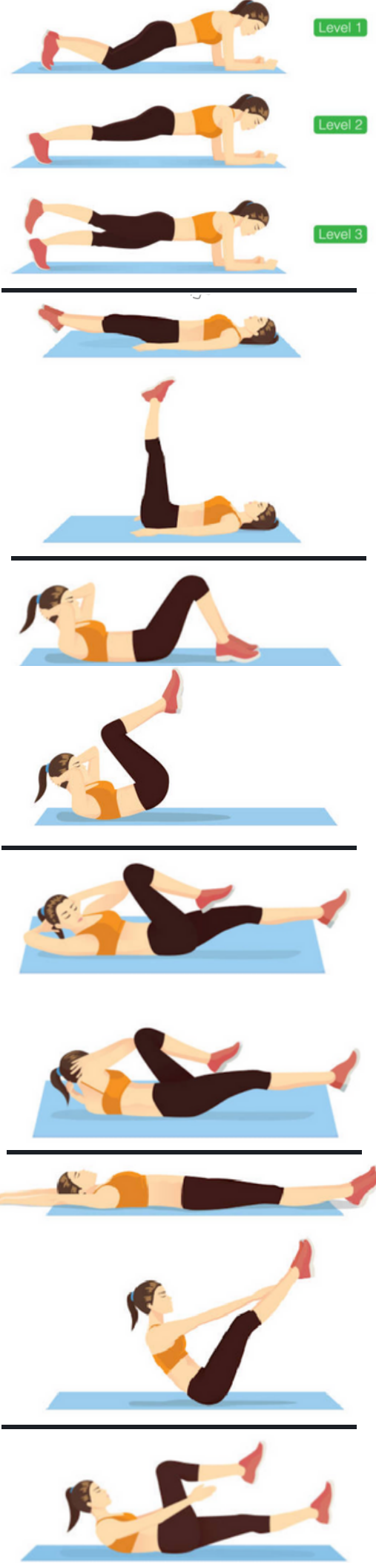
CROSS CRUNCH X 5 REPS/SIDE

PPILLAR BRIDGE 3 X 60 SEC HOLD

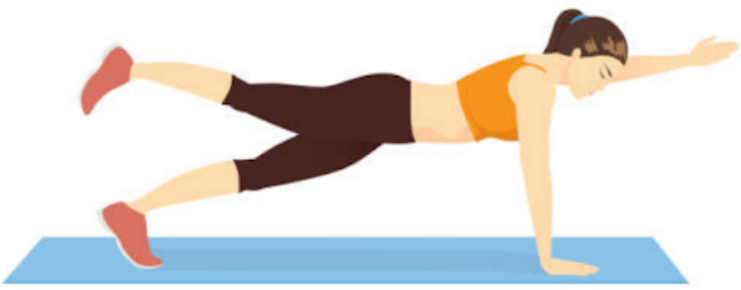
V SIT UPS X 10 REPS

PILLAR BRIDGE 3 X 60 SEC HOLD

**CRUNCH REACH THROUGH X 5
REPS/SIDE**



EXERCISE LIBRARY



Alternating Leg & Arm Raise



Bird Dog



Crunch



Cross Crunch



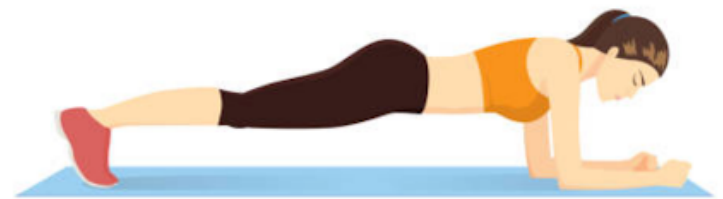
Crunch Reach Through



Plank Crunch



Reverse Crunch



Flutter Kicks





Leg Lowering



Mountain Climbers



Level 1



Level 2

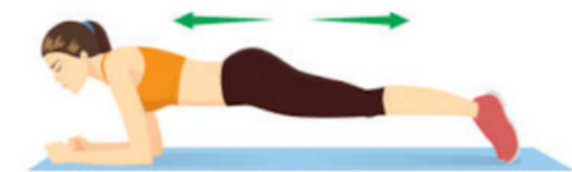
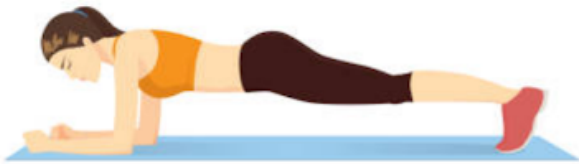


Level 3

Pillar Bridge



Beginner Side Pillar Bridge



Pillar Bridge Saw



Side Pillar Bridge



Side Pillar Bridge Crunch

Renegade Row

V Sit Up

WORKOUT TRACKER

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WORK OUT SCHEDULE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUES				
WED				
THURS				
FRIDAY				


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WORK OUT SCHEDULE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUES				
WED				
THURS				
FRIDAY				


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WORKOUT TRACKER

FILL IN THIS SHEET AFTER EACH WORKOUT TO SEE WHICH ONES ARE WORKING FOR YOU AND HOW THEY ARE POSITIVELY AFFECTING YOUR DAY.

✓ WORKOUT NAME:

BEFORE I FELT...

AFTER I FELT...



✓ WORKOUT NAME:

BEFORE I FELT...

AFTER I FELT...



✓ WORKOUT NAME:

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