

CORE WORKOUTS



**A 25 page
printable
workbook you
can use
today!**



A NOTE FROM YOUR TEAM

We put together this quick and easy guide to get you started with some core workouts. Although we'd love for you to be under the supervision of our team, we also know some people just want to get started at home. In fact, starting small is the best way to build up motivation. Go ahead and get started with this and when you're ready for a full fitness routine you know how to find us.

1% Better.

Dedicated To Your Success,

The Spurling Team

Disclaimer: Not all exercise programs are suitable for everyone. Check with your doctor before beginning any fitness program to avoid/reduce the risk of injury. Perform these exercises at your own risk. Spurling Fitness will not be responsible or liable for any injury sustained as a result of using any fitness program presented in this document.

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Spurling Fitness
spurlingfitness.com

BEGINNER WORKOUTS

BEGINNER WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

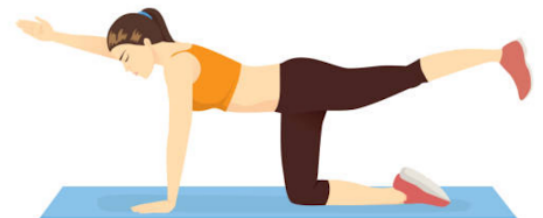
2-4 Rounds depending on fitness level
Rest as little as possible between exercises

PLANK LEVEL 1 X 15 SEC HOLD

BIRD DOG X 5 REPS/SIDE

**BEGINNER SIDE PLANK 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

PLANK LEVEL 1 X 15 SEC HOLD

**BEGINNER SIDE PLANK X 10 SEC
HOLD**



INTERMEDIATE WORKOUTS

INTERMEDIATE WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

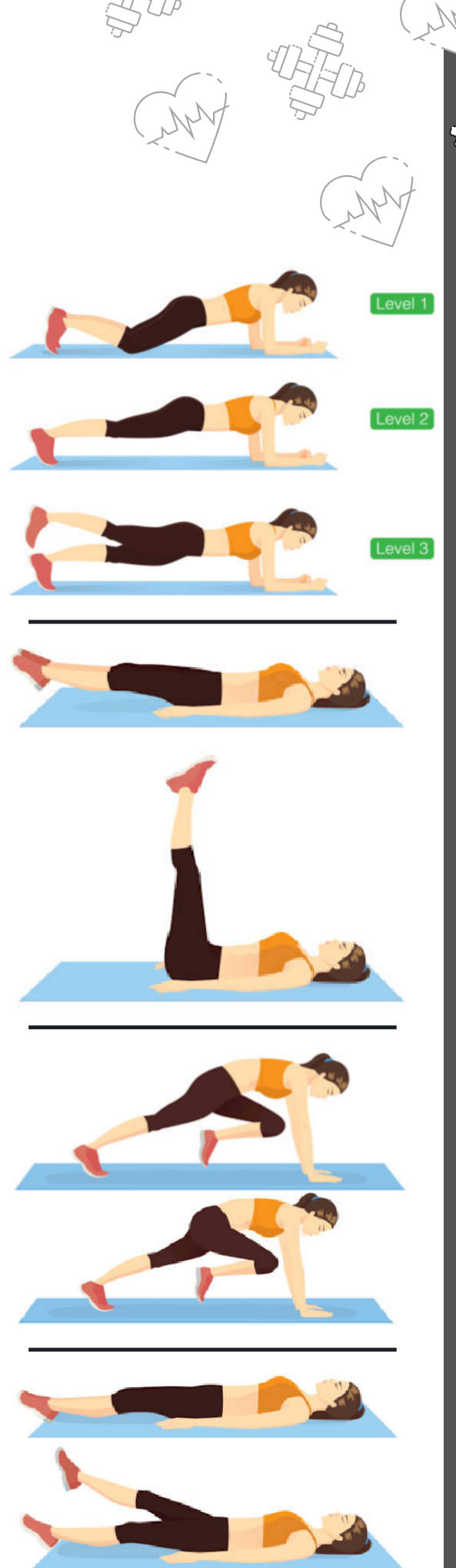
Rest as needed between exercises, up to 30 secs

PLANK LEVEL 2 X 30-60 SEC
HOLD

LEG LOWERING X 10 REPS

MOUNTAIN CLIMBERS X 20
REPS/LEG

FLUTTER KICKS X 20 REPS/LEG



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

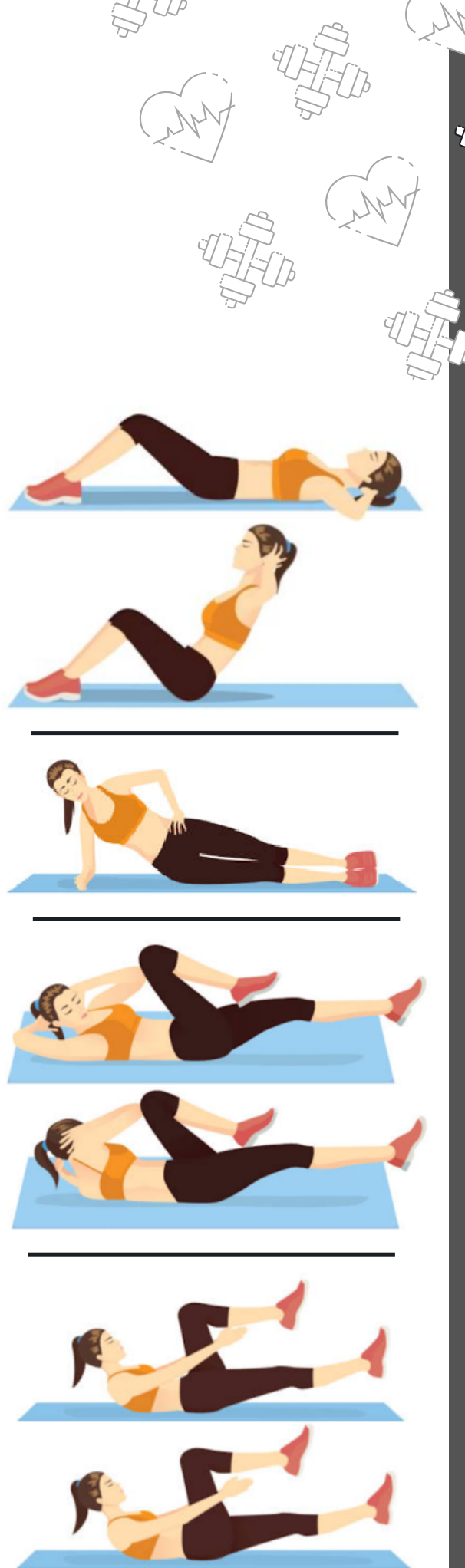
SIDE PLANK X 20-30 SEC
HOLD/SIDE

CROSS CRUNCH X 8 REPS/SIDE

SIDE PLANK X 20-30 SEC
HOLD/SIDE

CRUNCH REACH THROUGH X 8
REPS/SIDE

SIDE PLANK X 20-30 SEC HOLD



INTERMEDIATE WORKOUT #3

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

Rest as needed between exercises, up to 30 secs

PLANK LEVEL 2 X 30-60 SEC
HOLD

BIRD DOG X 8 REPS/SIDE

SIDE PLANK X 20-30 SEC
HOLD/SIDE

BIRD DOG X 8 REPS/SIDE

PLANK SAW X 25 REPS



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

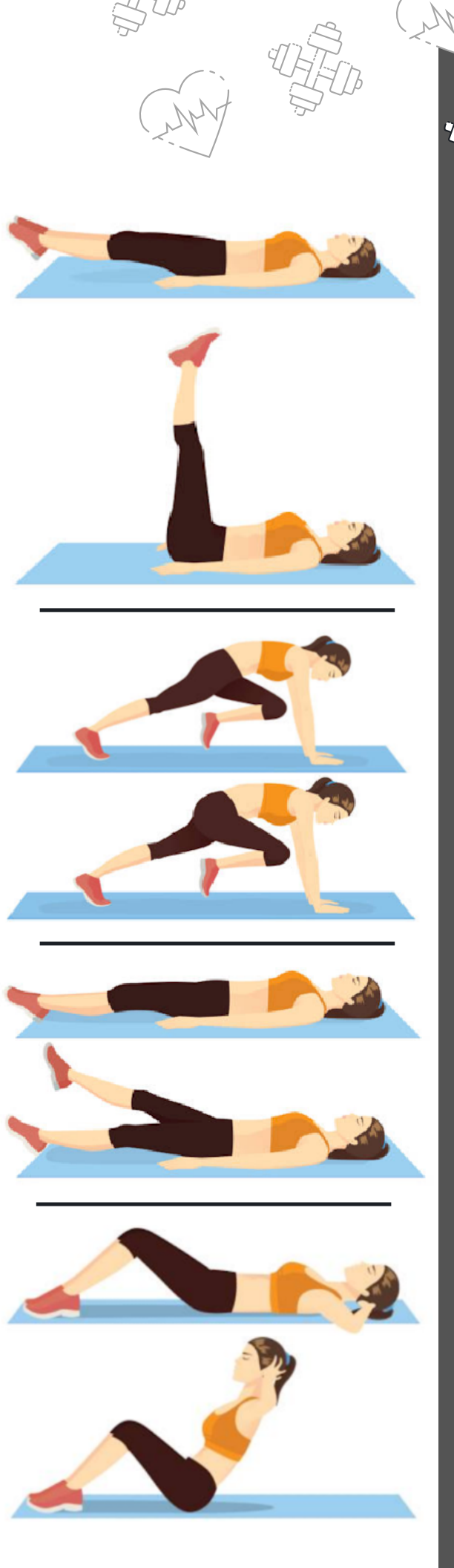
MT CLIMBER X 60 SECS

FLUTTER KICKS X 30 SECS

MT CLIMBERS X 60 SECS

CRUNCH X 30 SECS

MT CLIMBERS X 60 SECS



ADVANCED WORKOUTS

ADVANCED WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

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

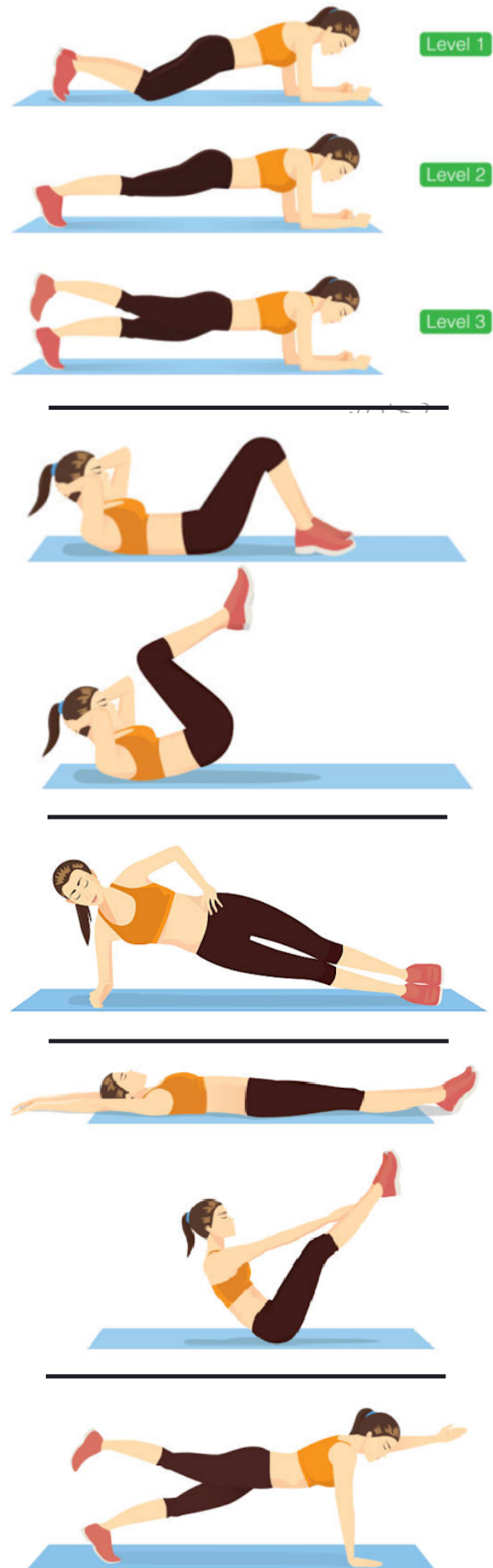
PLANK LEVEL 3 X 30 SEC/LEG

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



ADVANCED WORKOUT #2

CORE WORKOUT

INSTRUCTIONS:

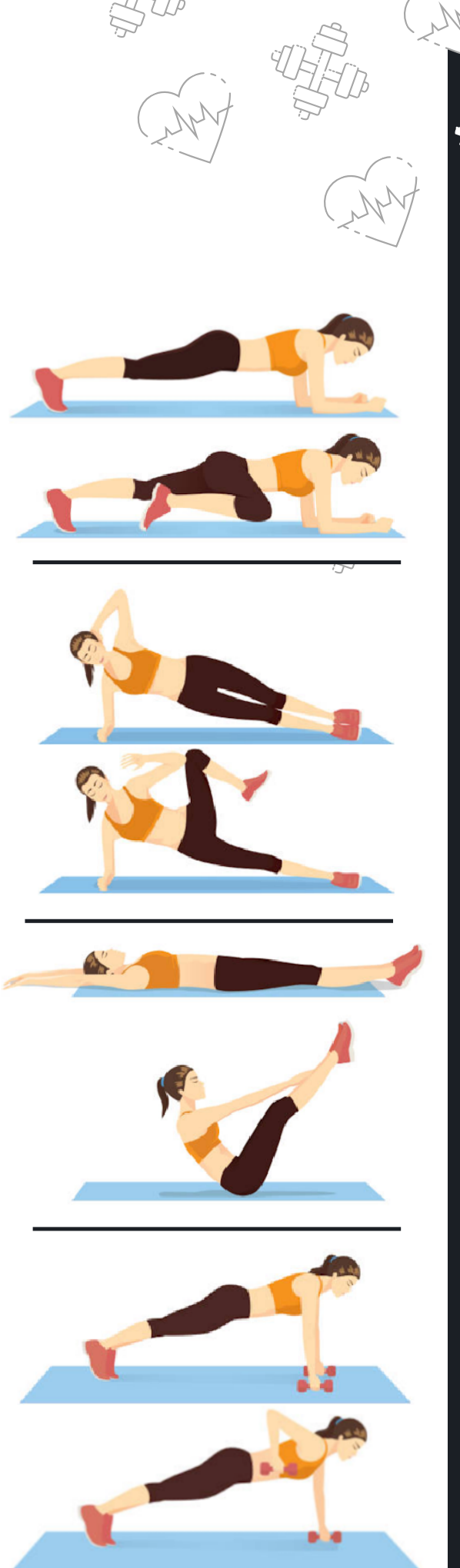
3-5 Rounds depending on fitness level
Rest as little as possible between exercises

PLANK 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

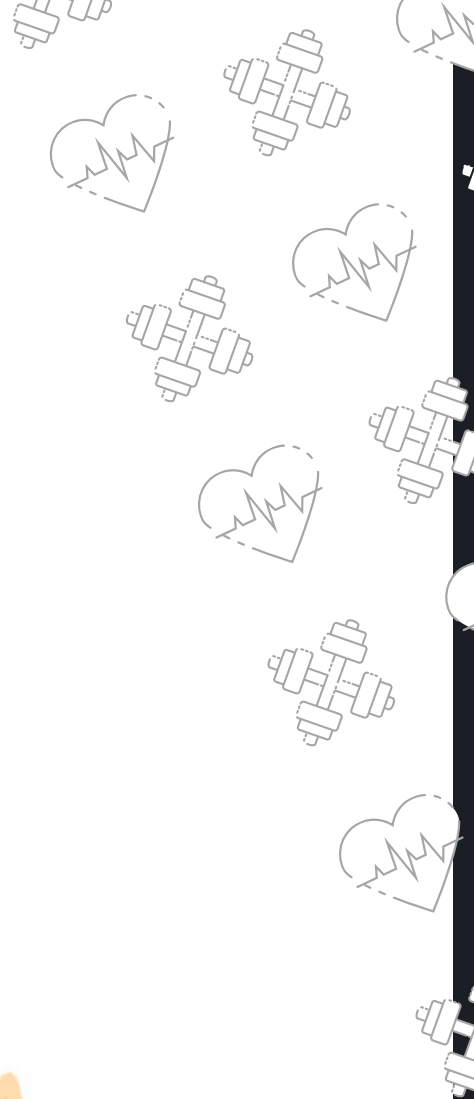
CORE WORKOUT

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

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

PLANK 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

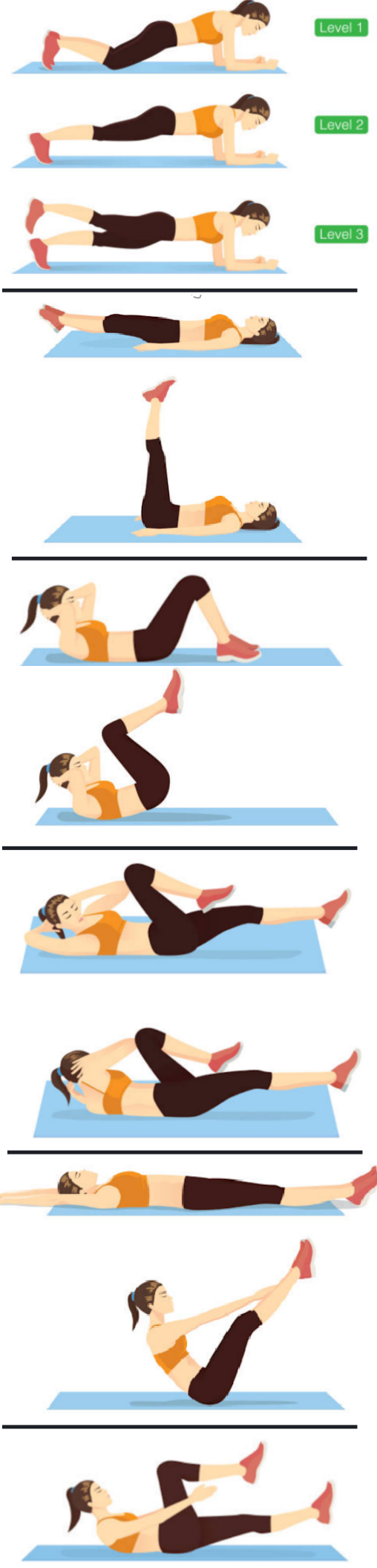
CROSS CRUNCH X 5 REPS/SIDE

PLANK LEVEL 3 X 60 SEC HOLD

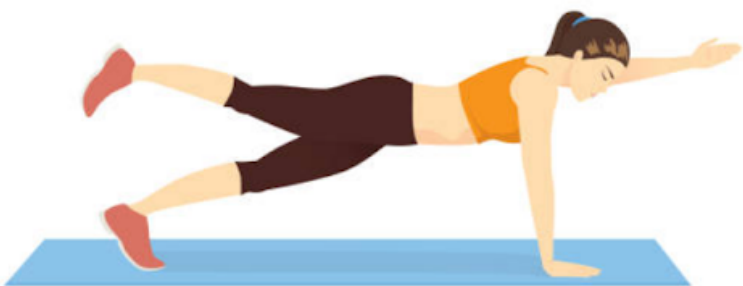
V SIT UPS X 10 REPS

PLANK LEVEL 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

Plank



Beginner Side Plank



Plank Saw



Side Plank



Side Plank Crunch

Renegade Row

V Sit Up

WORKOUT TRACKER



WORK OUT SCHEDULE

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



WORK OUT SCHEDULE

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



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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WORKOUT NAME:

BEFORE I FELT...

AFTER I FELT...





SPURLING FITNESS

We hope you enjoyed this core guide and workout tracker.

If you're looking to get a complete fitness plan customized to you and surround yourself with the most supportive fitness family around we invite you to join our club.

As a thank you for grabbing this core guide we'd like to extend a free 14-day pass to you.

Simply send us an e-mail with "14 Days" in the subject line and we'll send it over.

***CLAIM YOUR FREE 14
DAY TRIAL TODAY!***

CONTACT US

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