

# CORE WORKOUTS



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



# A NOTE FROM YOUR COACH

RYAN HOOVER

As always, be smart: start easy, don't push yourself until you are sure you're executing the exercises with perfect form!

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. W.O.W. Fitness LLC DBA Fitness Wherever 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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Ryan Hoover  
Founder of Fitness Wherever

# BEGINNER WORKOUTS

BEGINNER WORKOUT #1

# CORE WORKOUT

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## 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

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## 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

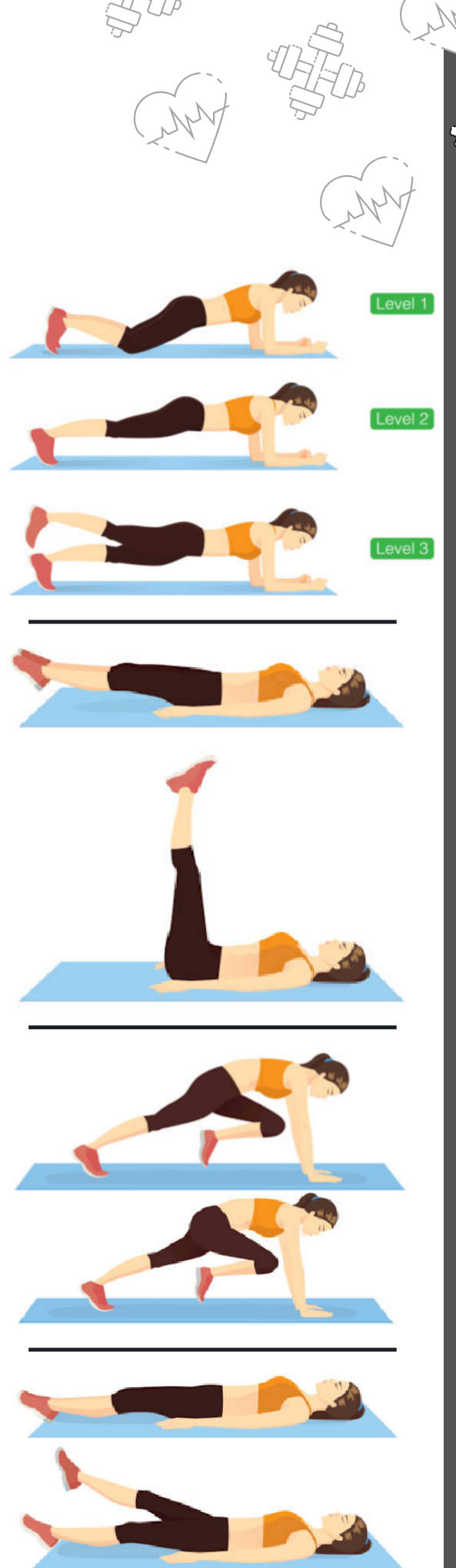
Rest as needed between exercises, up to 30 secs

**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

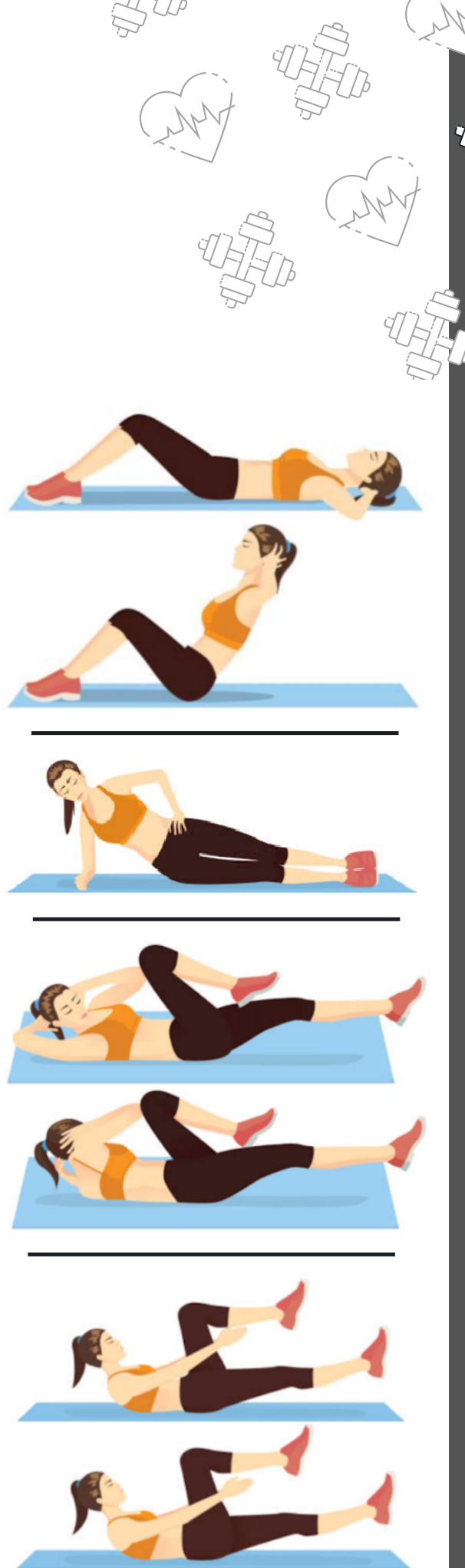
**SIDE PLANK** X 20-30 SEC  
HOLD/SIDE

**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

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### INSTRUCTIONS:

3-5 Rounds depending on fitness level

Rest as needed between exercises, up to 30 secs

**LEG LOWERING** X 30 SECS

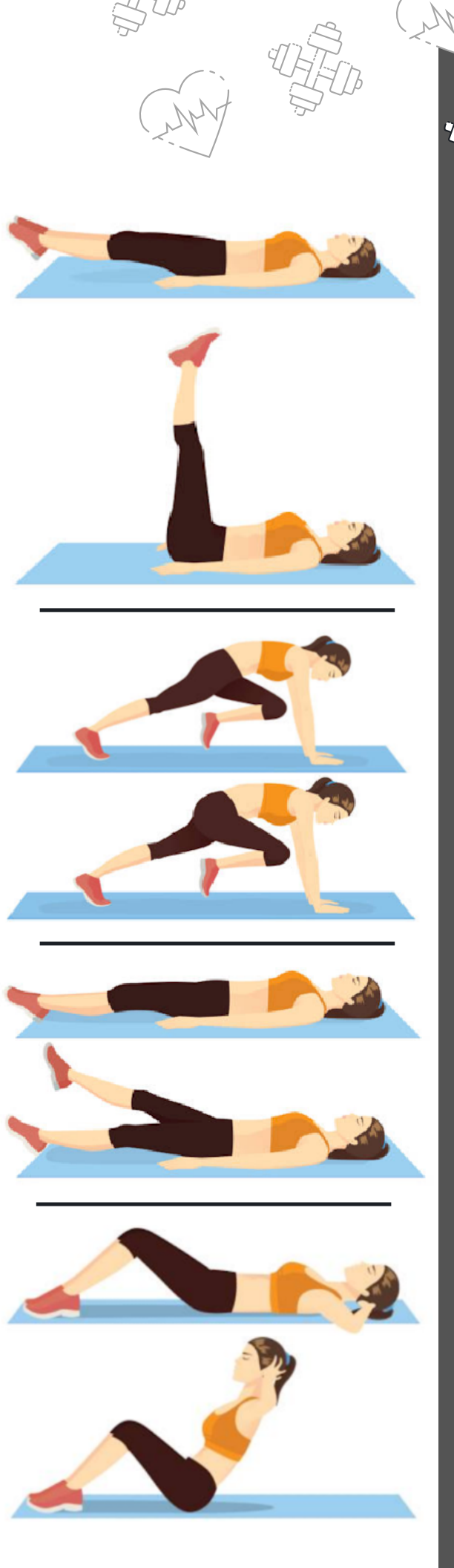
**MT CLIMBER** X 60 SECS

**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

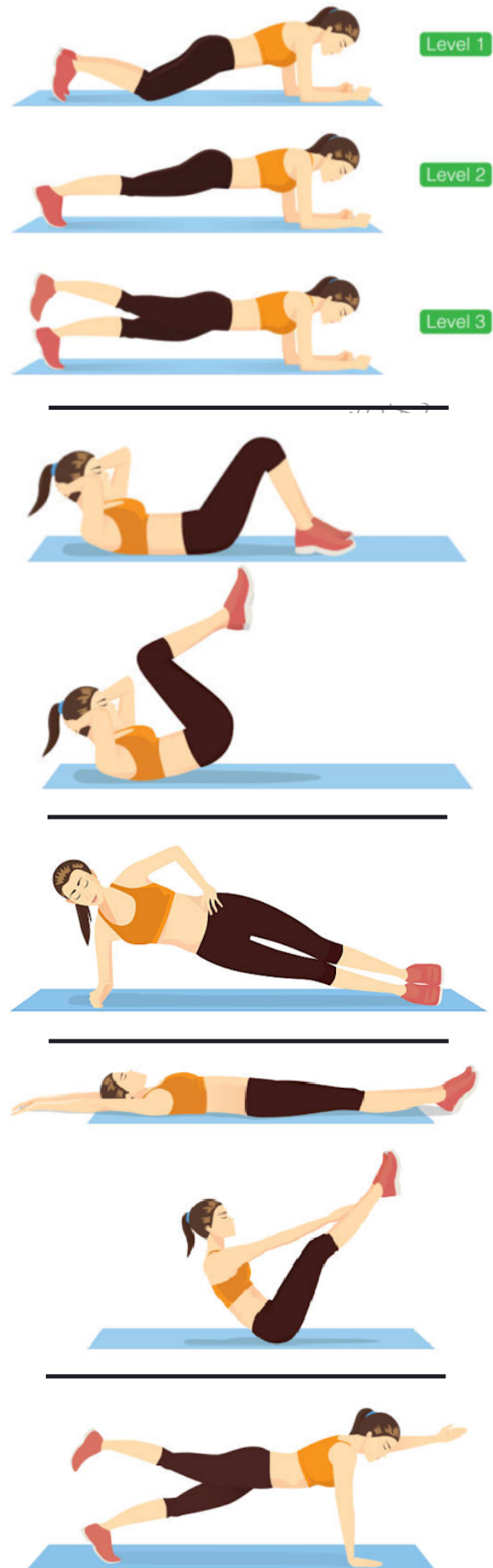
**PLANK LEVEL 3 X 30 SEC/LEG**

**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

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## INSTRUCTIONS:

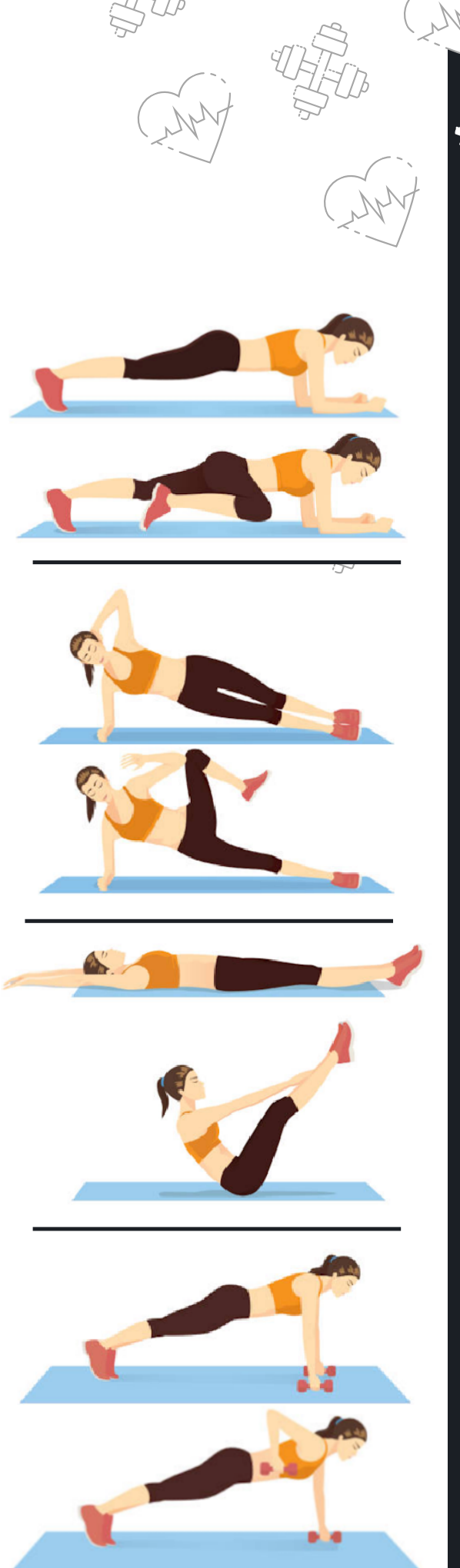
3-5 Rounds depending on fitness level  
Rest as little as possible between exercises

**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

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## 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

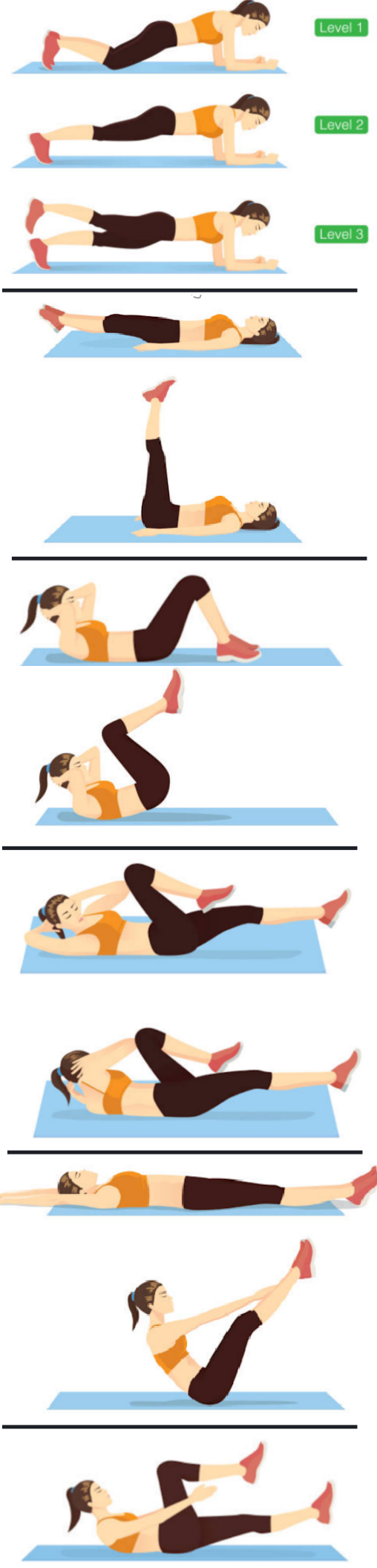
**CROSS CRUNCH** X 5 REPS/SIDE

**PLANK LEVEL 3** X 60 SEC HOLD

**V SIT UPS** X 10 REPS

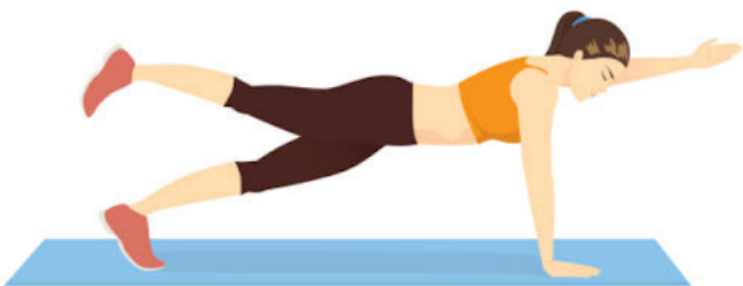
**PLANK LEVEL 3** X 60 SEC HOLD

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



# EXERCISE LIBRARY

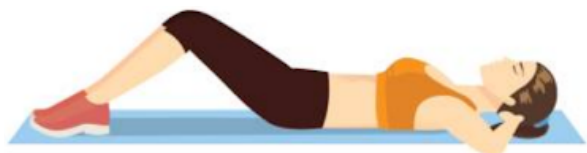




*Alternating Leg & Arm Raise*



*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

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



# WORK OUT SCHEDULE

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	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...



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## RYAN HOOVER

FITNESS WHEREVER

We know you don't have time to go to the gym, you have a life! But you still want to look better, move easier, and feel healthier.

Fitness Wherever trains clients at their home, office or the local park, and trains anyone in the world online. We communicate and motivate exceptionally well, and have the skills and the knowledge to help anyone achieve their personal goals.

Hire a personal trainer who is a true professional, who comes to you at the best time for your schedule, and brings cutting-edge, world-class equipment to your door!

*Contact Me to get your  
most burning fitness &  
nutrition questions  
answered!*

### CONTACT

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