

ODYSSEY FITNESS CORE WORKOUTS



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

WWW.ODYSSEY-FITNESS.COM



A NOTE FROM YOUR COACH

ETHAN PAINTER

Hello! Thank you for downloading my Core Workout guide! Please read through the whole guide before attempting any of the workouts.

If you need help with any of the programming please don't hesitate to contact me by email: ethan.painter@odyssey-fitness.com

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. Odyssey Fitness LLC 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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Ethan Painter

Ethan Painter
Founder of Odyssey Fitness

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

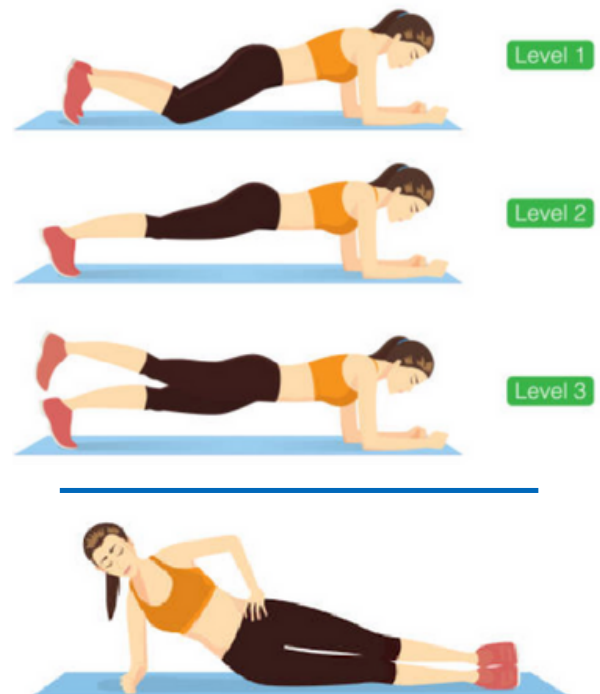
CORE WORKOUT

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 WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

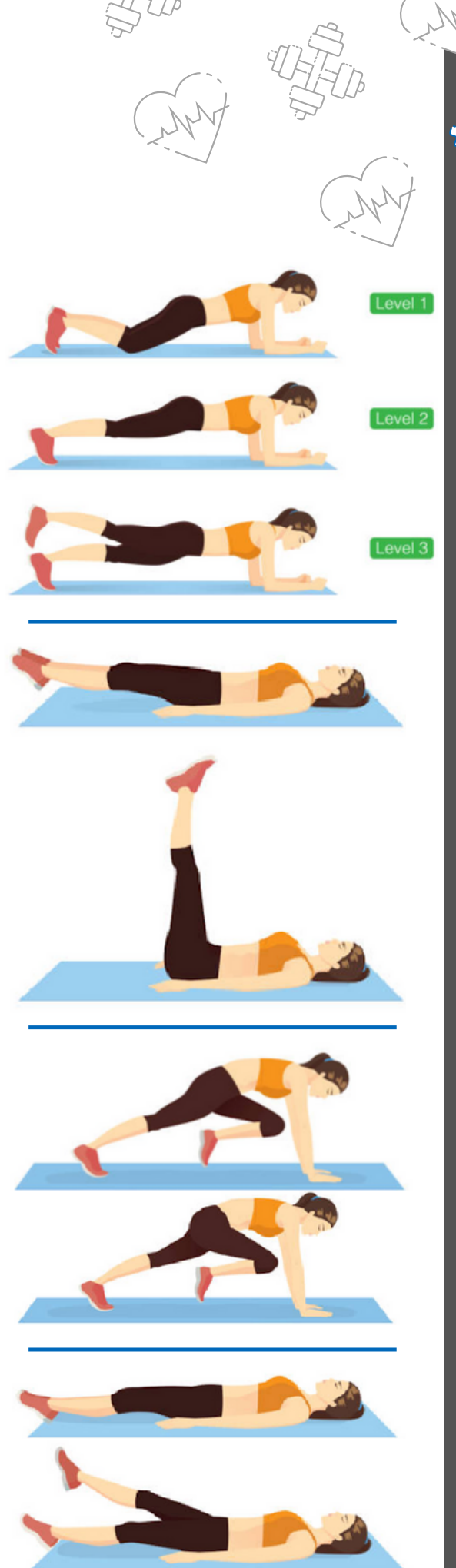
Rest as needed between exercises, up to 30 secs

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

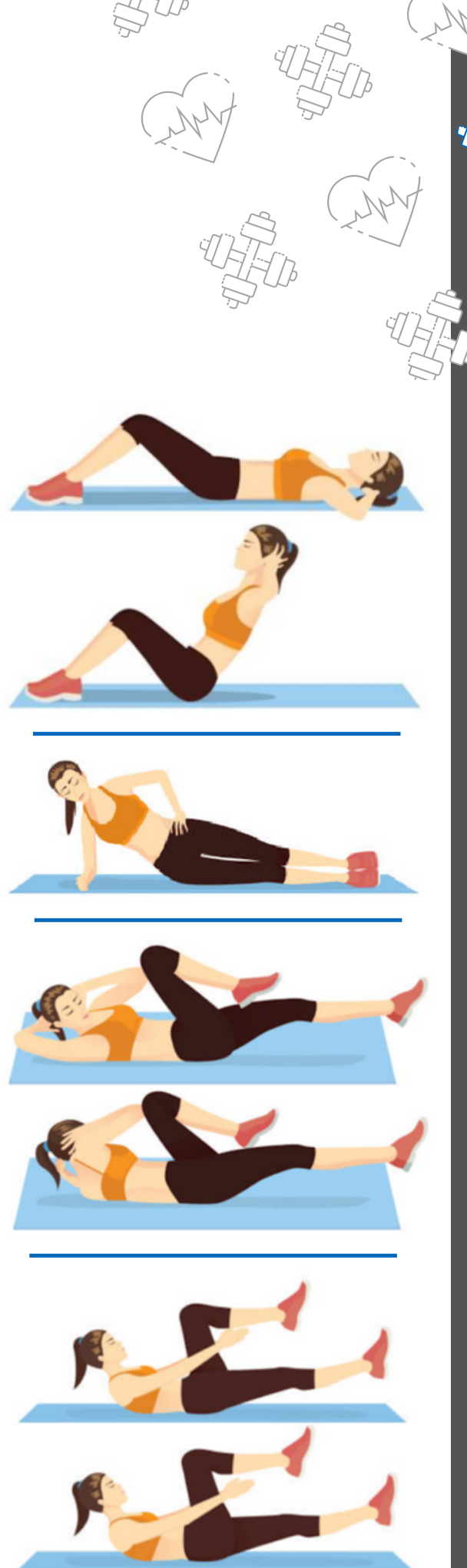
SIDE PLANK X 20-30 SEC
HOLD/SIDE

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

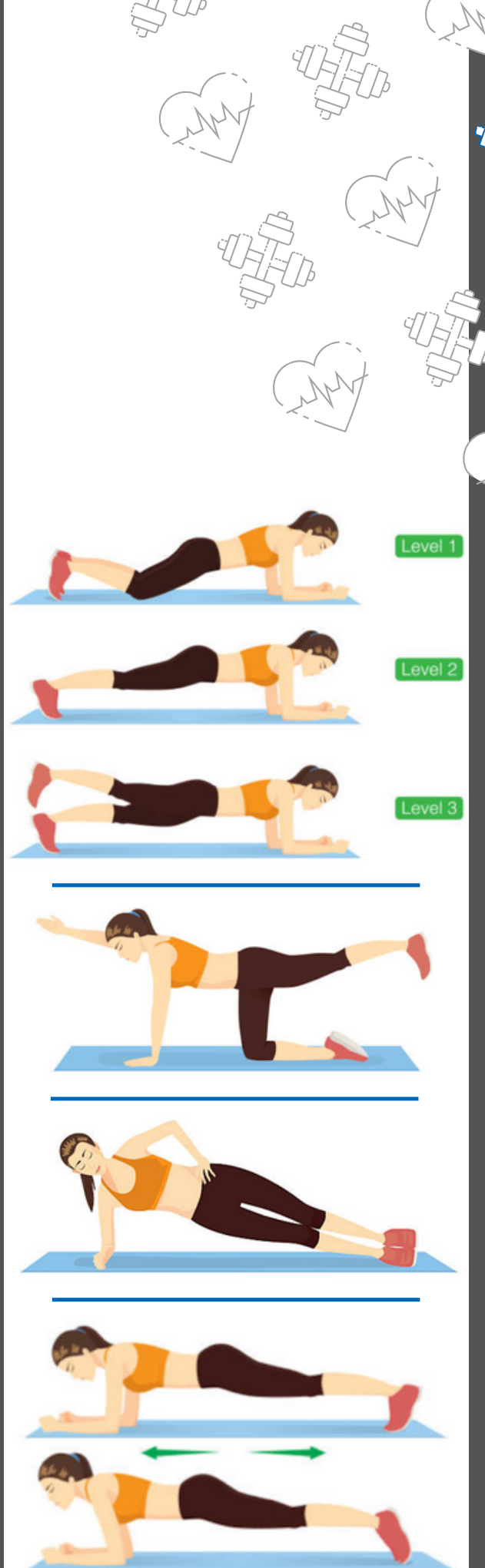
PLANK LEVEL 2 X 30-60 SEC
HOLD

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

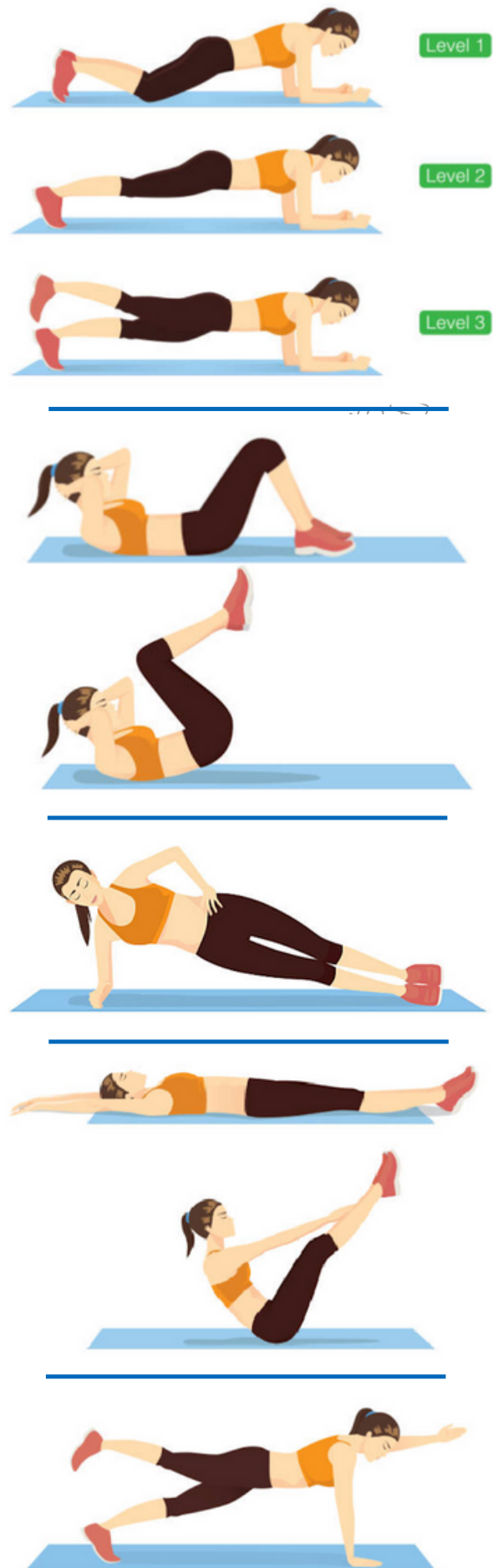
PLANK LEVEL 3 X 30 SEC/LEG

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:

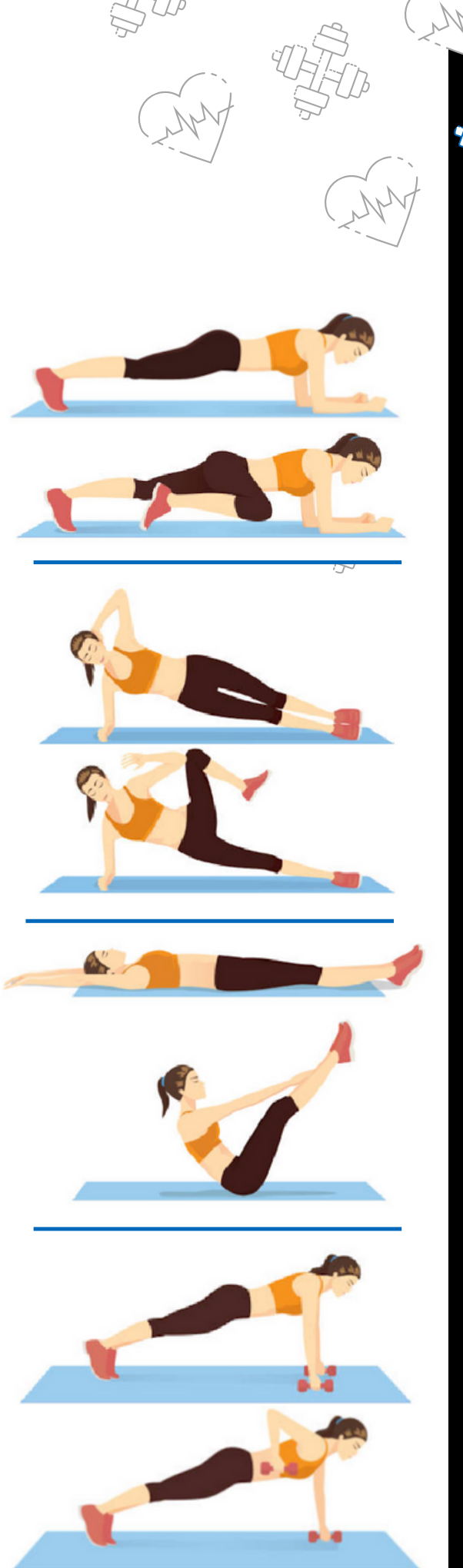
3-5 Rounds depending on fitness level
Rest as little as possible between exercises

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

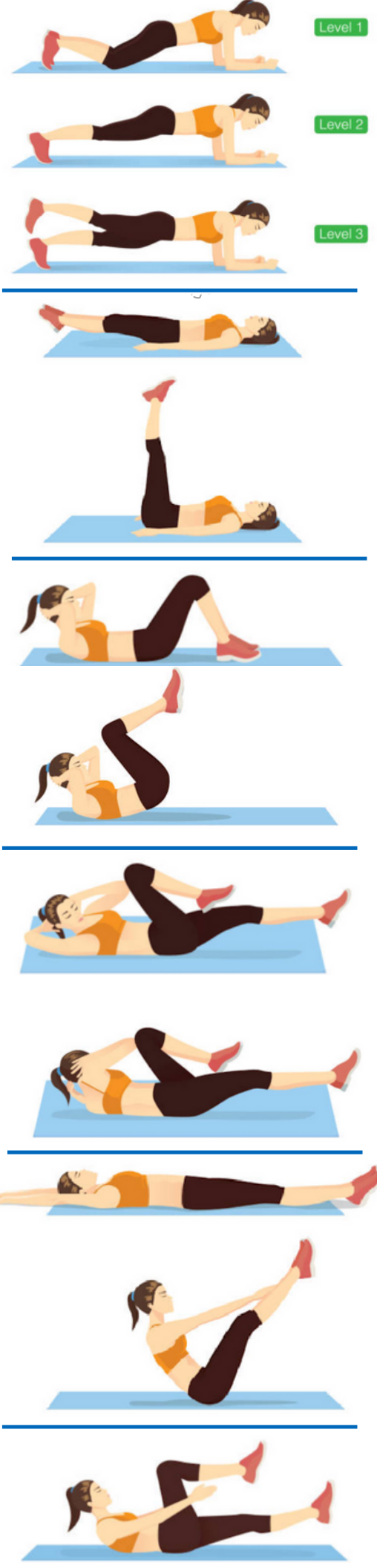
CROSS CRUNCH X 5 REPS/SIDE

PLANK LEVEL 3 X 60 SEC HOLD

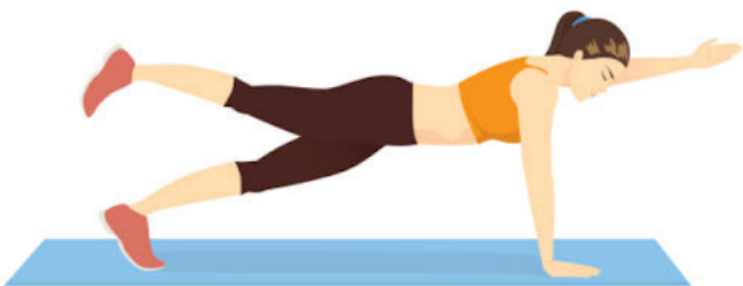
V SIT UPS X 10 REPS

PLANK LEVEL 3 X 60 SEC HOLD

CRUNCH REACH THROUGH X 5
REPS/SIDE



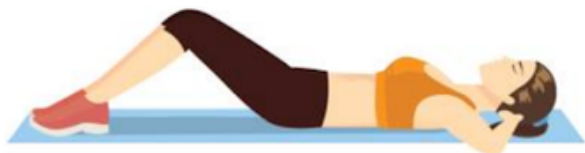
EXERCISE LIBRARY



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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ETHAN PAINTER

ODYSSEY FITNESS LLC

Ethan has helped 100's of busy professionals lose anywhere from 10-100lbs. without living at the gym and stressing over their diet.

Here at Odyssey Fitness we do things completely different! In fact, we don't even have a facility. We manage Wellness Programs, Corporate & Residential Gyms, and Country Club Fitness Facilities.

Due to the pandemic we now offer a virtual fitness program that you can do from anywhere!

FREE Heart Rate Belt
*when you purchase 2
months of our virtual
fitness program!*

*Contact us below to learn
more!*

CONTACT US!

EMAIL: ethan.painter@odyssey-fitness.com
www.odyssey-fitness.com



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