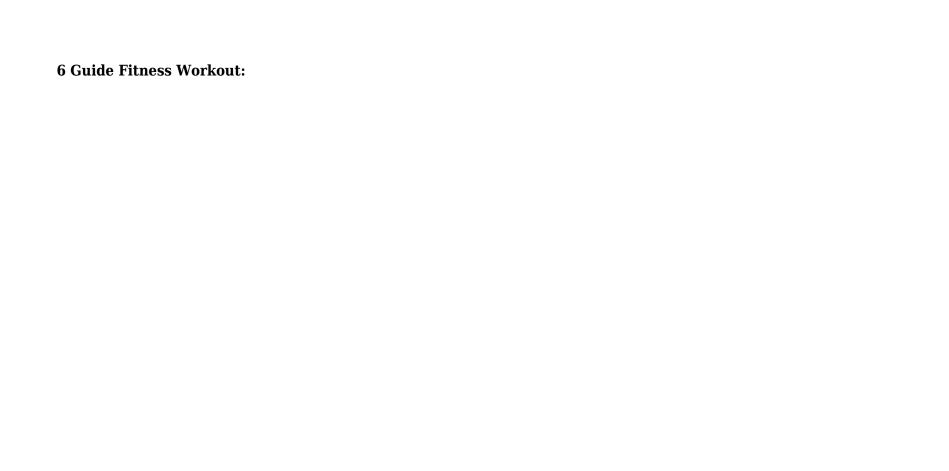
1 WEEK CORE WORKOUT GUIDE

DAY I	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BASELINE STABILITY	STABILITY BALL MOBILITY	UNILATERAL CHALLENGE	BASELINE STABILITY	STABILITY BALL MOBILITY	UNILATERAL CHALLENGE	REST AND RECOVERY
EACH EXERCISE:	EACH EXERCISE:	EACH EXERCISE:	EACH EXERCISE:	EACH EXERCISE:	EACH EXERCISE:	
10 x 10-second holds 3-second rest Repeat 2x	30 seconds work followed by 30 seconds rest Repeat 3x	30 seconds work followed by 30 seconds rest Repeat 3x	10 x 10-second holds 3-second rest Repeat 3x	30 seconds work followed by 30 seconds rest Repeat 5x	30 seconds work followed by 30 seconds rest Repeat 5x	
All Marketines						
McGill Curlup Side Plank Bird Dog	Stir the Pot Stability Ball Knee Tucks (jackknives) Stability Ball Opposite Arm/Leg	Single-Arm Farmer Carry Bicycle Crunches Mountain Climbers	McGill Curlup Side Plank Bird Dog	Stir the Pot Stability Ball Knee Tucks (jackknives) Stability Ball Opposite Arm/Leg	Single-Arm Farmer Carry Bicycle Crunches Mountain Climbers	
	Raises	Plank Walkdown		Raises	Plank Walkdown	

6 Guide Fitness Workout

S Ashworth



6 Guide Fitness Workout Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "6 Guide Fitness Workout," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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