

CORE WORKOUTS



A 25 page
printable
workbook you
can use today!



A NOTE FROM YOUR COACH

DWAYNE JULY

The thing that we see as the biggest factor to success with our program is the commitment to the work required. Consistency will lead you through when you aren't motivated. Good Luck with the program and have fun! "Live In Shape!"

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. Fit By July 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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A handwritten signature in black ink, appearing to read 'D July'.

Dwayne July
Founder of Fit By July

BEGINNER WORKOUTS

BEGINNER WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

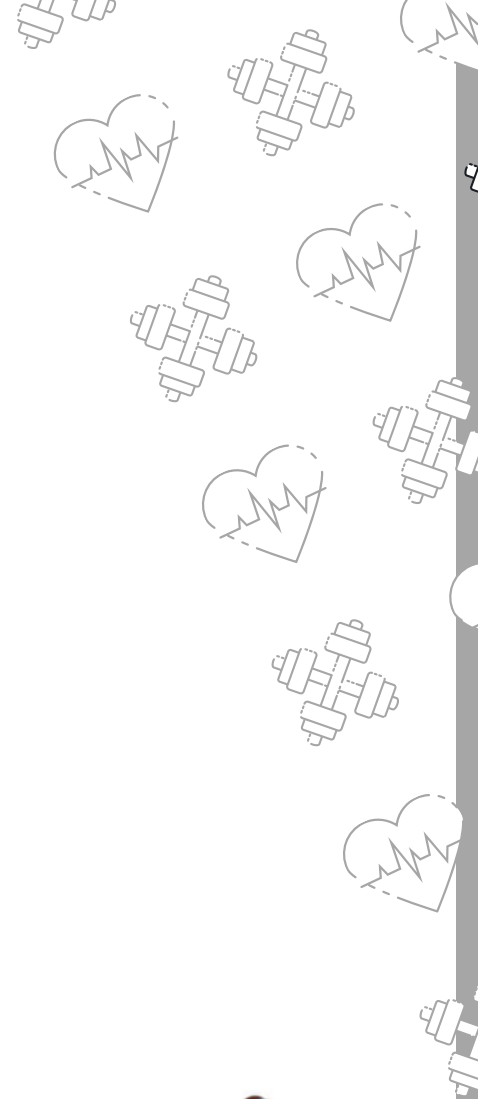
2-4 Rounds depending on fitness level
Rest as little as possible between exercises

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

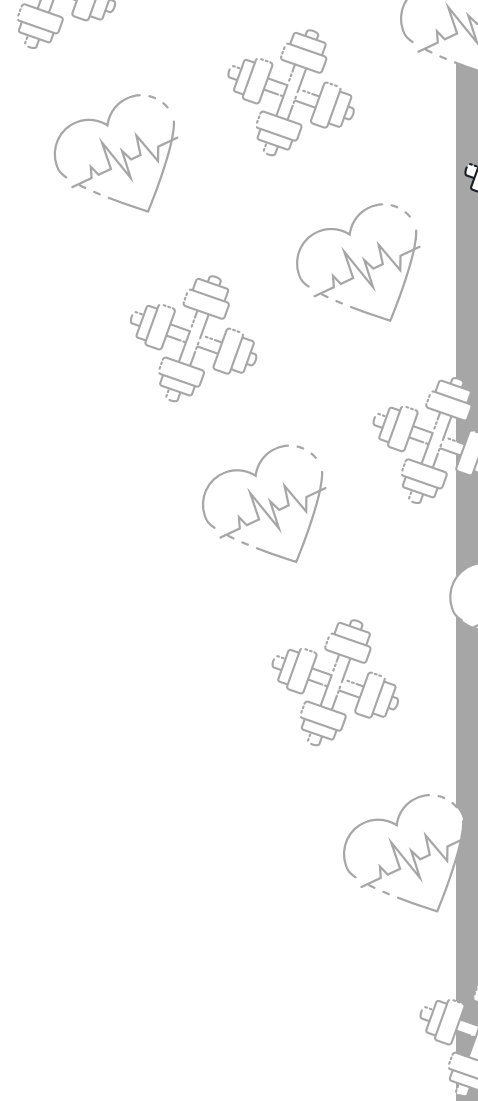
CORE WORKOUT

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

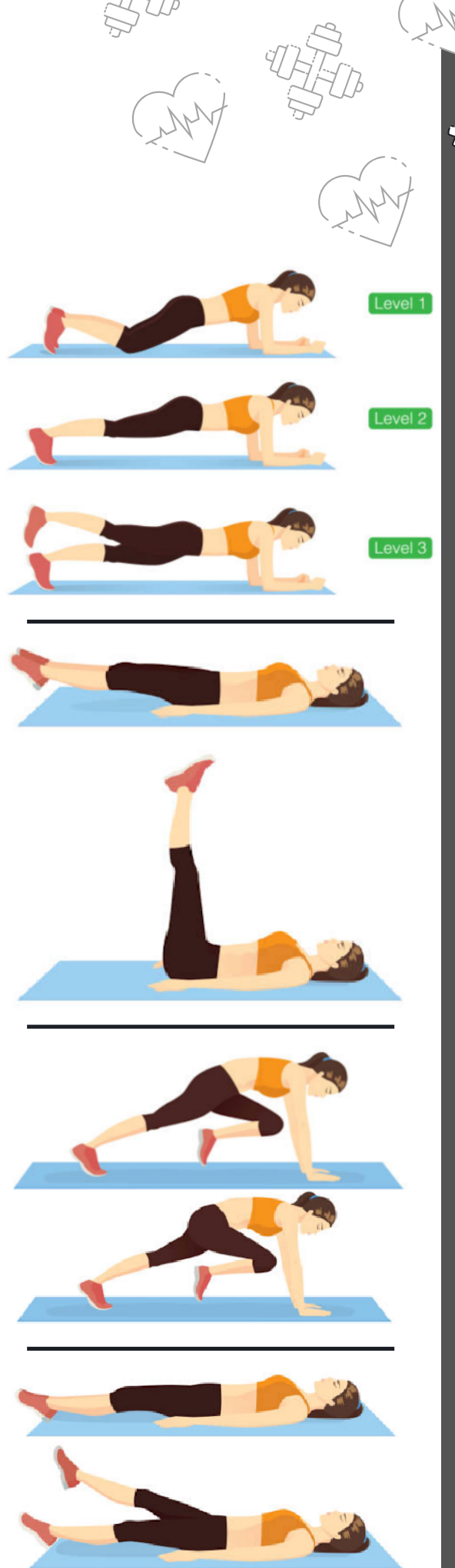
Rest as needed between exercises, up to 30 secs

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

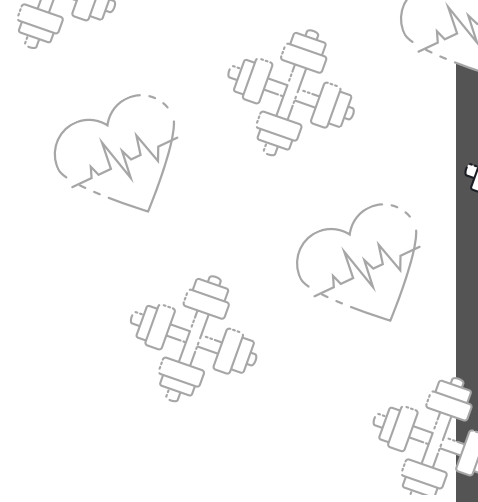
CROSS CRUNCH X 8 REPS/SIDE

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

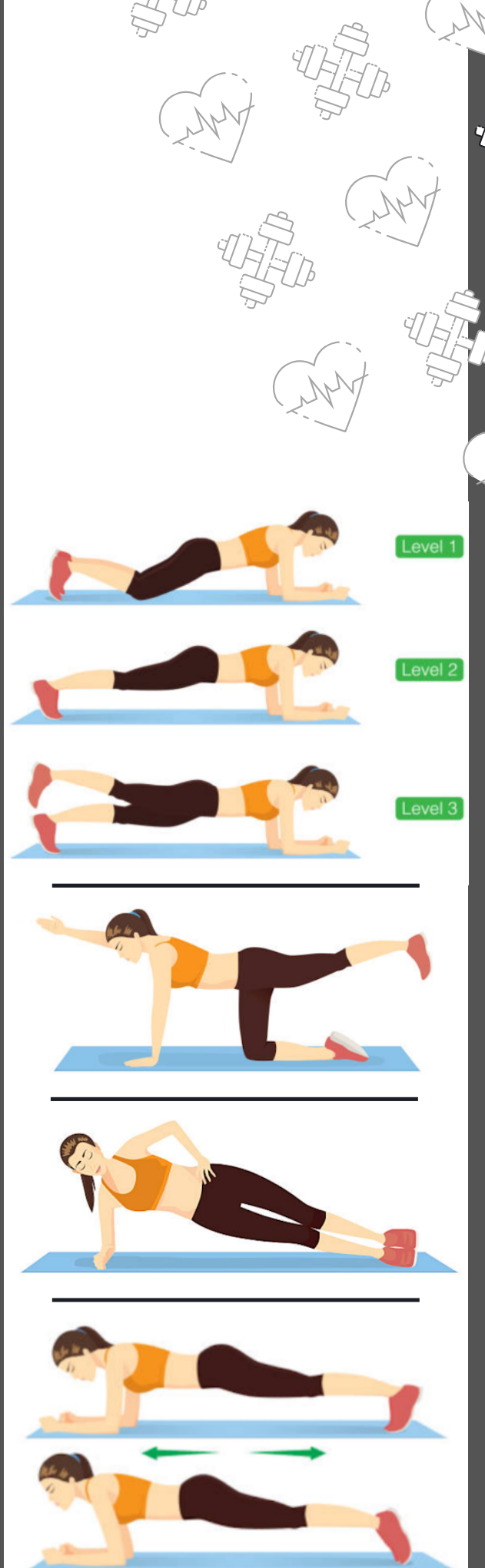
PLANK LEVEL 2 X 30-60 SEC
HOLD

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

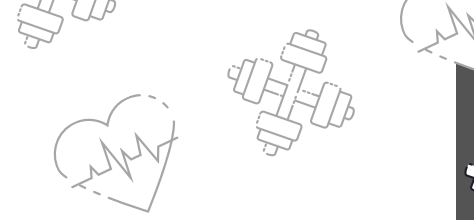
MT CLIMBER X 60 SECS

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

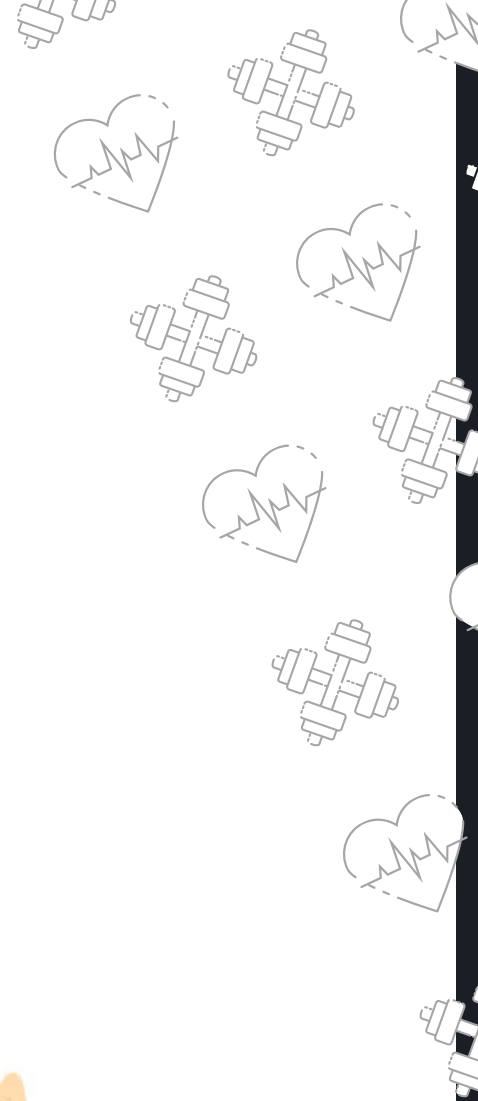
CORE WORKOUT

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

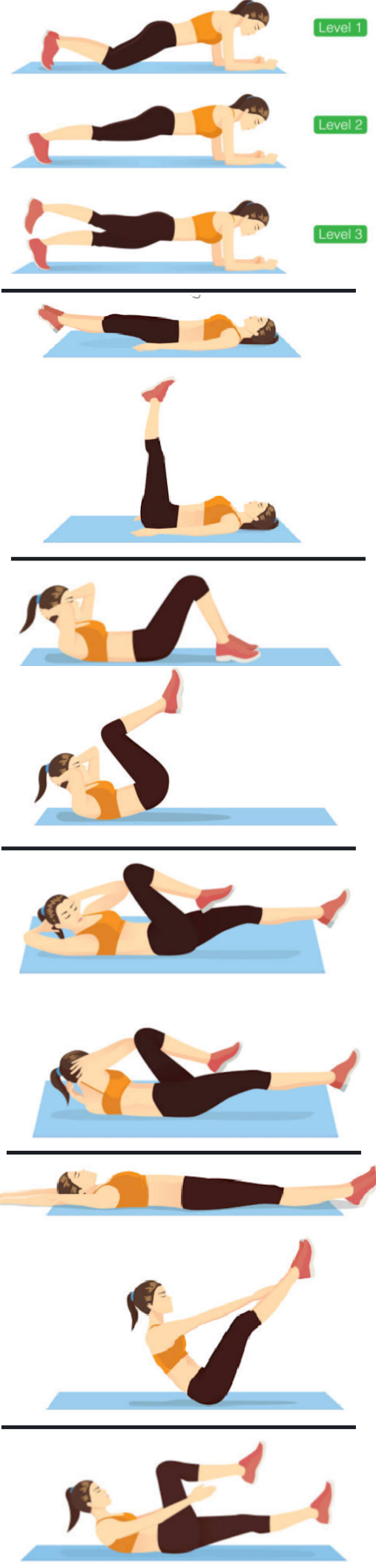
CROSS CRUNCH X 5 REPS/SIDE

PLANK LEVEL 3 X 60 SEC HOLD

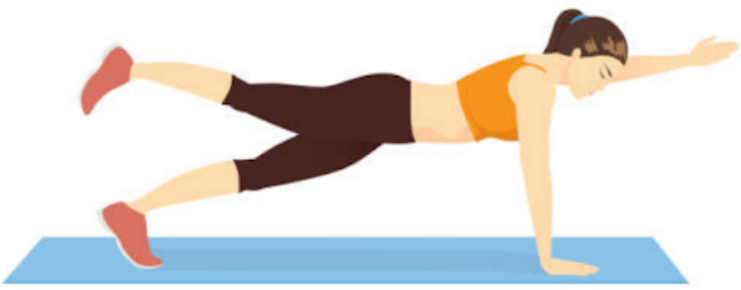
V SIT UPS X 10 REPS

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



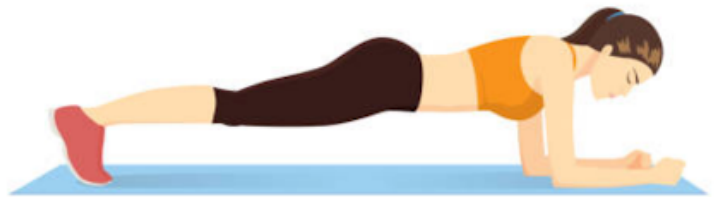
Crunch Reach Through



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

FITBYJULY.COM 2022



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...



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✓ WORKOUT NAME:

BEFORE I FELT...

AFTER I FELT...





DWAYNE JULY

FIT BY JULY

Dwayne is president and founder of Fit By July. Originally from Jamaica he moved to Southern Connecticut to attend Western Connecticut University. While at WCSU he played football, worked full time in a gym, attended conferences, and read every book he could on performance and fat loss. He graduated from WestConn with a Bachelor of Arts in Business Management in 2006. He has several years of experience as a personal trainer for general fitness and a strength and conditioning coach for athletes. His certifications from the National Strength and Conditioning Association (NSCA) include Certified Personal Trainer (CPT).

When you are ready. Come in for a Custom Fitness Consultation. Text 'consult' to (203) 742-1439

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