

🌟 Tips for Scaling & Good Form

No matter where you're starting, remember—**progress comes from consistency and control, not speed.**

These workouts are made to meet you where you are and grow with you.

💪 **Scaling Your Workouts**

Beginner: If you try and 30 seconds feels like too much, start with shorter rounds (20–25 sec) or fewer sets.

Intermediate: Follow the listed timing and focus on maintaining good rhythm.

Advanced: Add light weights or a medicine ball for extra challenge.

Modify as needed: Swap or shorten movements if something doesn't feel right.

Consistency beats perfection—your goal is steady progress.

🧑‍🦰 **Form Reminders**

Engage your core by drawing your belly button toward your spine.

Keep a neutral spine—avoid arching your lower back.

Move with intention and control. Slow and steady reps build deeper strength.

Breathe: Exhale during the effort, inhale as you reset.

If you feel pain or strain, pause and reset—listen to your body.

🕒 **Your Timer Tool**

Use this free HIIT timer to stay on track during each workout:

👉 [TabataTimer.com](https://www.TabataTimer.com)

You can set custom work/rest intervals and rounds to match your level.

Day 1 - Lower Core Focus

This workout targets your **lower abs and deep stabilizers**, helping build strength through controlled leg movements. Keep your **lower back pressed into the mat** and your **core braced** throughout each rep. Focus on slow, intentional motion—quality beats quantity every time.

Remember — focus on **form**, move with **control**, and **scale** each exercise to your level.

Beginner — 30s on / 15s off • Rounds: 2-3

Reverse Crunch
Mountain Climbers
Leg Lifts
Dead Bug

*Finisher: Once you complete 2- 3 rounds accumulate 1 min hollow hold

Intermediary — 30s on / 10s off • Rounds: 2-3

Reverse Crunch
Mountain Climbers
Leg Lifts
Dead bug

*Finisher: Once you complete 2- 3 rounds accumulate 1 min hollow hold

Advanced — 45s on / 10s off • Rounds: 3

Reverse Crunch (*Optional with med ball or weight*)
Mountain Climbers
Leg Lifts
Dead Bug

*Finisher: Once you complete 3 rounds accumulate 2 min hollow hold

Day 2 — Upper Core & Anterior Focus

You'll feel this mainly in your **upper abs and front core wall**, improving definition and posture. Be mindful not to pull on your neck—**lift from your core, not your head**. Keep your ribs pulled down and breathe steadily through every crunch and plank variation.

Remember — focus on **form**, move with **control**, and **scale** each exercise to your level.

Beginner — 30s on / 15s off • Rounds: 3

Crunch
Toe Taps
Bird Dog
Plank rocks

Intermediary — 30s on / 10s off • Rounds: 2-3

Crunch
Toe Taps
Plank Bird Dog
Plank rocks

Advanced — 45s on / 10s off • Rounds: 3

Crunch
Toe Taps
Plank Bird Dog
Plank rocks

Day 3 — Oblique & Rotational Core

This session works the **obliques and side body**, enhancing rotational control and waist definition. Think about **moving from your torso, not your arms**, during twists. Keep hips stacked and shoulders aligned, focusing on smooth transitions and stable breathing.

Remember — focus on **form**, move with **control**, and **scale** each exercise to your level.

Beginner — 30s on / 15s off • Rounds: 2

Side plank right
Side plank left
Bicycle crunch
Crossbody Mountain Climbers
Windshield Wipers

Intermediary — 30s on / 10s off • Rounds: 2-3

Side plank right dip and crunch
Side plank left dip and crunch
Bicycle crunch
Crossbody Mountain Climbers
Windshield Wipers

Advanced — 45s on / 10s off • Rounds: 3

Side plank right dip and crunch with weigh
Side plank left dip and crunch with weight
Bicycle crunch
Crossbody Mountain Climbers
Windshield Wipers

Day 4 — Functional Core & Stability

These movements challenge your **entire core through planks, crawls, and dynamic balance**. Stay mindful of shoulder positioning—**press the floor away and keep your hips level**. The goal is steady, controlled movement that trains your body to stabilize through motion.

Remember — focus on **form**, move with **control**, and **scale** each exercise to your level.

Beginner — 30s on / 15s off • Rounds: 2

Renegade row alternating R/L
Knee tucks
Plank to pike
Bear Crawl

Intermediary — 45s on / 10s off • Rounds: 3

Renegade row alternating R/L weighted
Knee tucks
Plank to pike push up
Bear Crawl knee taps

Advanced — 45s on / 10s off • Rounds: 3

Renegade row alternating R/L weighted
Knee Tucks
Elevated Plank to pike push up
Bear Crawl knee taps

Day 5 — Posterior Chain & Core Integration

Day 5 activates your **back core, glutes, and spinal stabilizers** to balance out the week's anterior work. Squeeze your glutes at the top of each lift and avoid overarching your lower back. Focus on **full-body engagement**—your front and back core work together here.

Remember — focus on form, move with control, and scale each exercise to your level.

Beginner — 30s on / 10s off • Rounds: 3

Glute Bridge Alt March R/L/Both

Plank up downs

Superman lifts

Hollow lifts

Intermediary — 45s on / 10s off • Rounds: 2

Glute Bridge Alt March R/L/Both

Plank up downs

Superman lifts

Hollow lifts

Advanced — 45s on / 10s off • Rounds: 3

Glute Bridge Alt March R/L/Both

Plank up downs

Superman lifts

Hollow lifts