



8-Week Beginner Workout Plan

EXERCISE	EXERCISE GUIDE	SETS	REPS
Week 1 & 2			
1. Pelvic Tilt	Page 10, #1	2	12
2. Isometric Pelvic Tilt	Page 5, #1	2	15s.
Week 3 & 4			
1. Pelvic Tilt	Page 10, #1	2	15
2. Isometric Pelvic Tilt	Page 5, #1	2	30
3. Leg Raises, one leg	Page 6, #4	1	8/leg
Week 5 & 6			
1. Pelvic Tilt with One Leg Straight	Page 10, #2	2	8/leg
2. Isometric Pelvic Tilt	Page 5, #1	2	45s.
3. Crunches with Pelvic Hold	Page 6, #2	1	10
4. Leg Raises, one leg	Page 6, #4	1	10/leg
Week 7 & 8			
1. Pelvic Tilt with One Leg Straight	Page 10, #2	2	8/leg
2. Isometric Pelvic Tilt	Page 5, #1	2	45s.
3. Alt Side Crunches with Pelvic Hold	Page 6, #3	2	8/side
4. Leg Raises, one leg	Page 6, #4	1	12/leg