

# CARVE YOUR CORE 21-DAY WORKOUT

The workout outlined is a 21-day workout to help you get a stronger core and sculpted arms. It is designed for all fitness levels from beginner to advanced. On Day 1 you will test how far you can carve. On Day 21 you will re-test and see how far you have come.

## CUSTOMIZE YOUR WORKOUT

- STEP 1** USE A WALL OR STATIONARY OBJECT to determine how far you can carve from the starting position.
- STEP 2** Day 1, perform 10 repetitions (reps) carving straight out, 5 carving left and 5 carving right. Follow the 21-Day workout to strengthen your core and arms.
- STEP 3** Day 21 re-test your limit by moving in 6 inch increments away from the wall. Use your new limit as your baseline and repeat the 21-Day workout.



## AB CARVER WORKOUT GUIDE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>CARVE STRAIGHT:</b> 1 set of 10 reps  <b>CARVE LEFT:</b> 1 set of 5 reps  <b>CARVE RIGHT:</b> 1 set of 5 reps	OFF	<b>CARVE STRAIGHT:</b> 3 set of 10 reps  <b>CARVE LEFT:</b> 3 set of 5 reps  <b>CARVE RIGHT:</b> 3 set of 5 reps	OFF	<b>CARVE STRAIGHT:</b> 3 set of 10 reps  <b>CARVE LEFT:</b> 3 set of 5 reps  <b>CARVE RIGHT:</b> 3 set of 5 reps	OFF	<b>CARVE STRAIGHT:</b> 3 set of 10 reps  <b>CARVE LEFT:</b> 3 set of 5 reps  <b>CARVE RIGHT:</b> 3 set of 5 reps
WEEK 2	OFF	<b>CARVE STRAIGHT:</b> 3 set of 15 reps  <b>CARVE LEFT:</b> 3 set of 8 reps  <b>CARVE RIGHT:</b> 3 set of 8 reps	OFF	<b>CARVE STRAIGHT:</b> 3 set of 15 reps  <b>CARVE LEFT:</b> 3 set of 8 reps  <b>CARVE RIGHT:</b> 3 set of 8 reps	OFF	<b>CARVE STRAIGHT:</b> 3 set of 15 reps  <b>CARVE LEFT:</b> 3 set of 8 reps  <b>CARVE RIGHT:</b> 3 set of 8 reps	OFF
WEEK 3	<b>CARVE STRAIGHT:</b> 3 set of 20 reps  <b>CARVE LEFT:</b> 3 set of 10 reps  <b>CARVE RIGHT:</b> 3 set of 10 reps	OFF	<b>CARVE STRAIGHT:</b> 3 set of 20 reps  <b>CARVE LEFT:</b> 3 set of 10 reps  <b>CARVE RIGHT:</b> 3 set of 10 reps	OFF	<b>CARVE STRAIGHT:</b> 3 set of 20 reps  <b>CARVE LEFT:</b> 3 set of 10 reps  <b>CARVE RIGHT:</b> 3 set of 10 reps	OFF	<b>RE-TEST YOUR LIMIT</b>  <b>CARVE STRAIGHT:</b> 1 set of 10 reps  <b>CARVE LEFT:</b> 1 set of 5 reps  <b>CARVE RIGHT:</b> 1 set of 5 reps