



ABS OVER 40

CORE WORKOUTS



A 25 page
printable
workbook you
can use to get
Abs Over 40!



A NOTE FROM YOUR COACH

TRAVIS SAWYER

To get visible abs requires consistent effort from both exercise and nutrition.

Today I'm sharing Core Workouts designed to get your abs looking and feeling strong.

Always focus on squeezing your abs and glutes throughout the exercises to build the brain to body connection and get stronger faster.

Start with wherever you are at and train every day when possible.

If your abs hurt too much training each day, I suggest doing less sets and reps on a daily basis and building your strength and endurance slowly.

If you have not exercised in some time, start with the Beginner Workouts alternating between the two workouts each day until you are able to complete all sets and reps with perfect form.

If you have been training consistently for a while,, the Intermediate Workouts may be what you need.

Alternate between the 4 workouts slowly building up to the maximum sets and reps.

Once you have completed the Intermediate Workouts with all sets and reps in perfect form, you can move onto the Advanced Workouts.

Alternate between the 4 Advanced Workouts and build up slowly to the maximum sets and reps.

It is more important to do the exercises correctly, than to do a million sloppy reps.

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. Warrior Within Coaching 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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Travis

Travis Sawyer
Founder of WarriorWithin.com.au



ABS OVER 40 BEGINNER WORKOUTS

BEGINNER WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

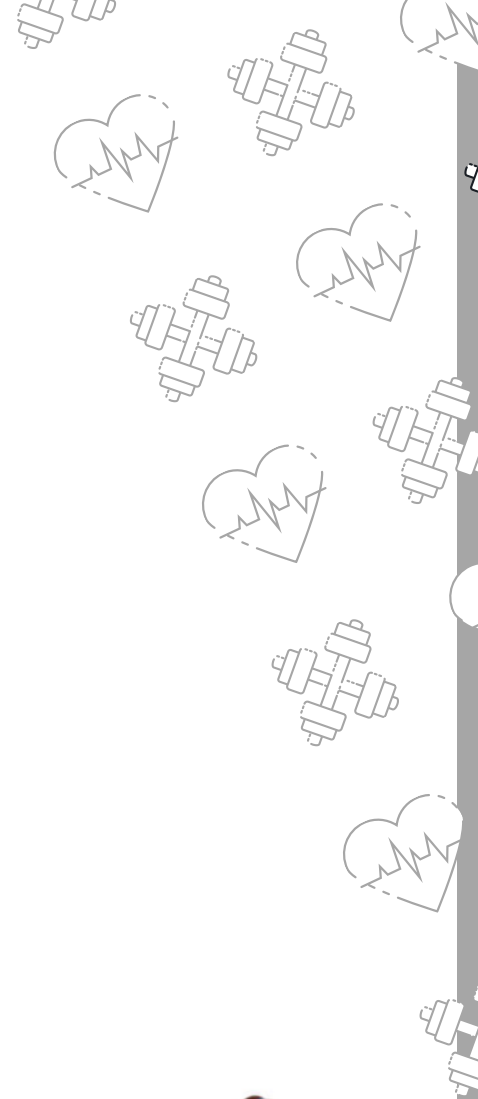
2-4 Rounds depending on fitness level
Rest as little as possible between exercises

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

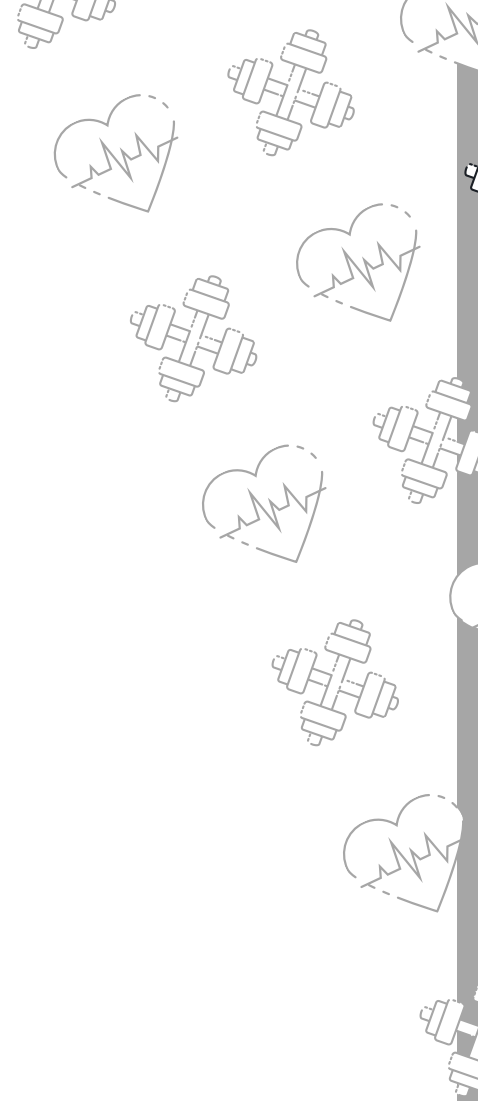
CORE WORKOUT

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**





ABS OVER 40 INTERMEDIATE WORKOUTS

INTERMEDIATE WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

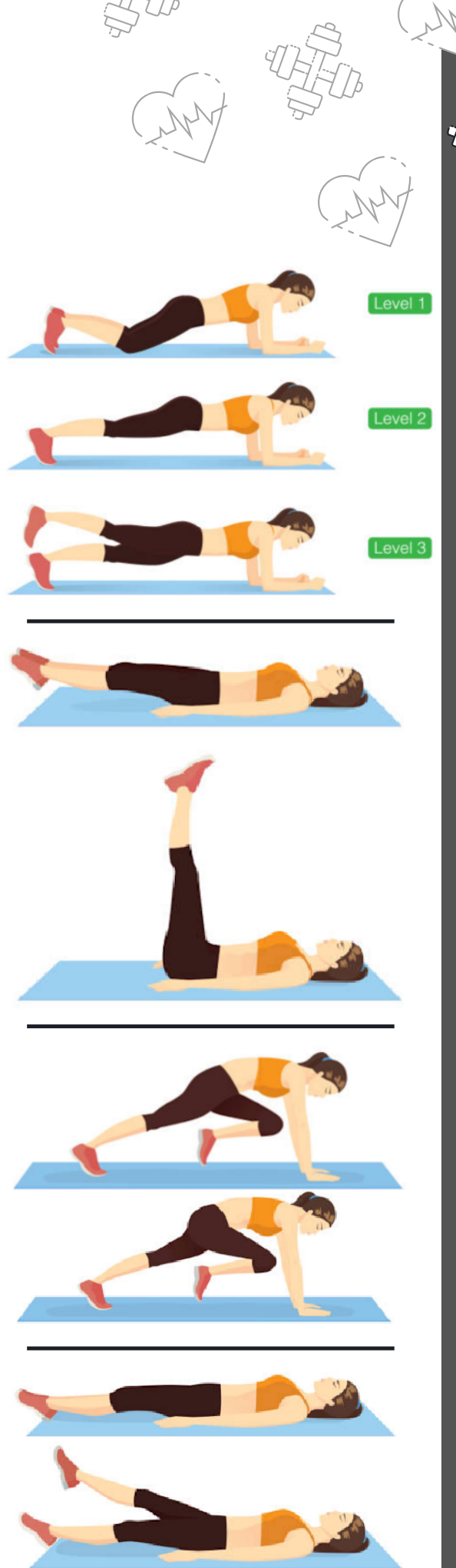
Rest as needed between exercises, up to 30 secs

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

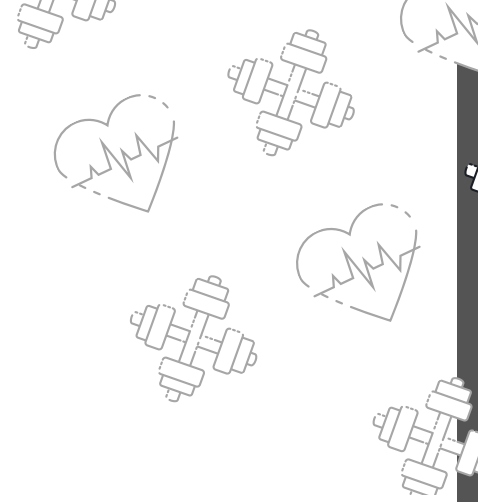
CROSS CRUNCH X 8 REPS/SIDE

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

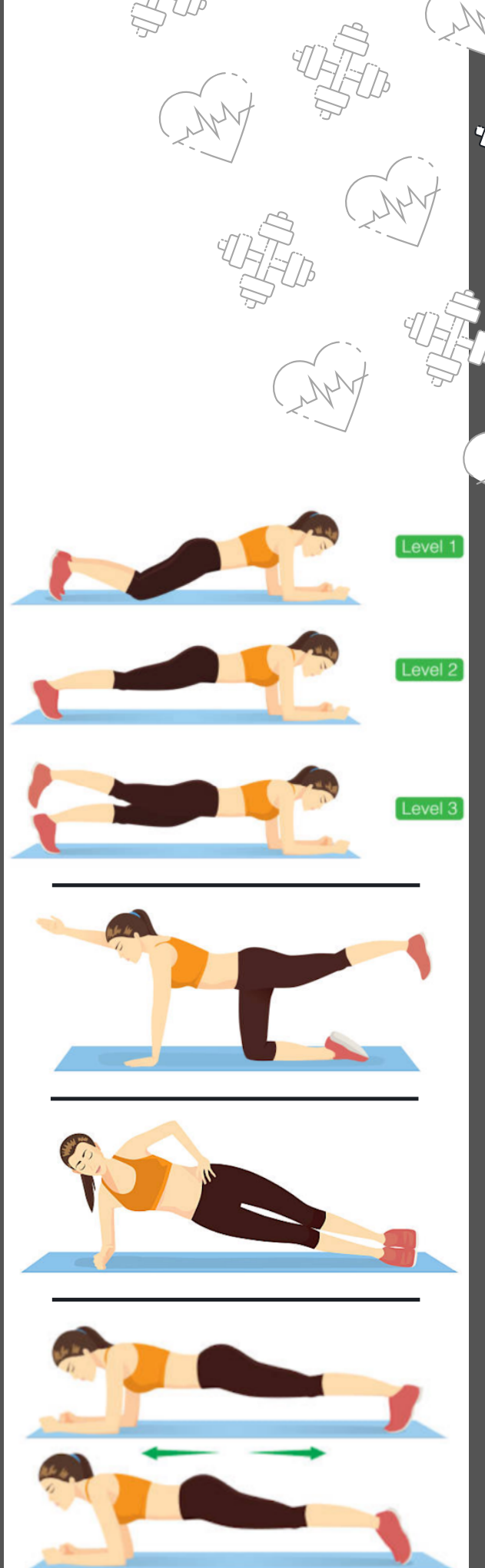
PLANK LEVEL 2 X 30-60 SEC
HOLD

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

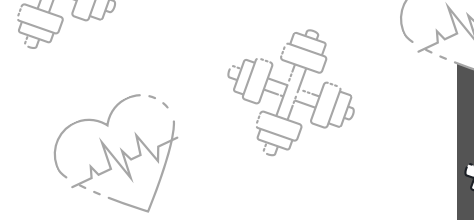
MT CLIMBER X 60 SECS

FLUTTER KICKS X 30 SECS

MT CLIMBERS X 60 SECS

CRUNCH X 30 SECS

MT CLIMBERS X 60 SECS





ABS OVER 40 ADVANCED WORKOUTS

ADVANCED WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level
Rest as little as possible between exercises

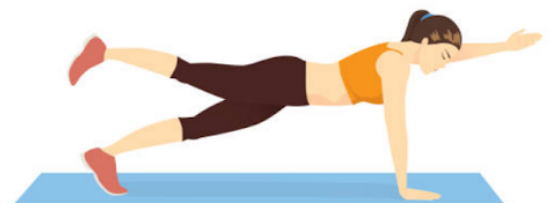
PLANK LEVEL 3 X 30 SEC/LEG

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

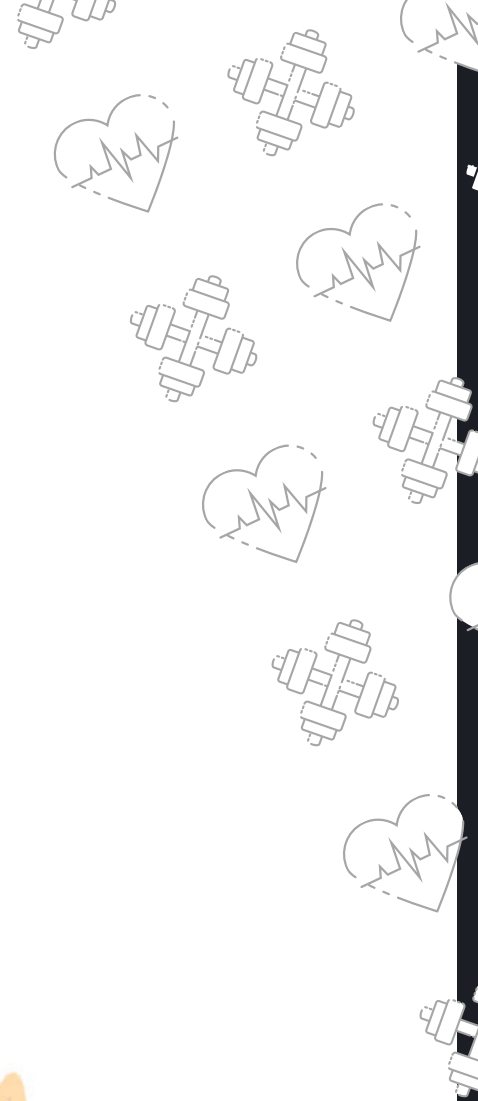
CORE WORKOUT

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

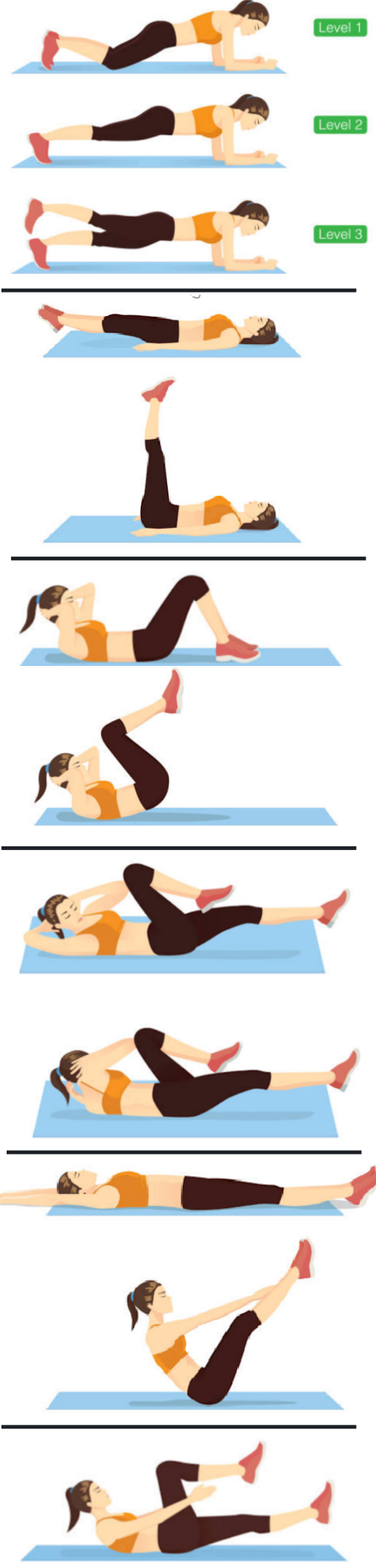
CROSS CRUNCH X 5 REPS/SIDE

PLANK LEVEL 3 X 60 SEC HOLD

V SIT UPS X 10 REPS

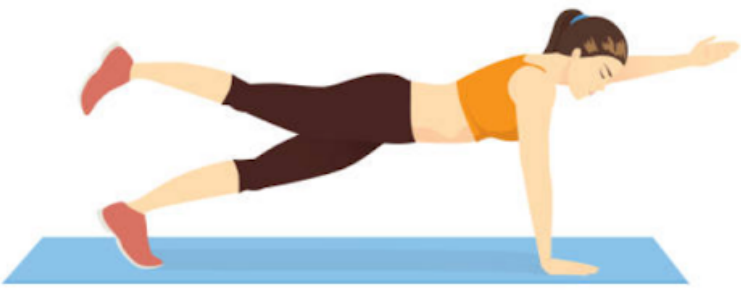
PLANK LEVEL 3 X 60 SEC HOLD

**CRUNCH REACH THROUGH X 5
REPS/SIDE**





ABS OVER 40 EXERCISE LIBRARY



Alternating Leg & Arm Raise



Bird Dog



Crunch



Cross Crunch



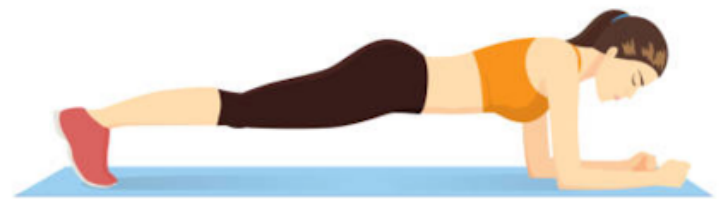
Crunch Reach Through



Plank Crunch

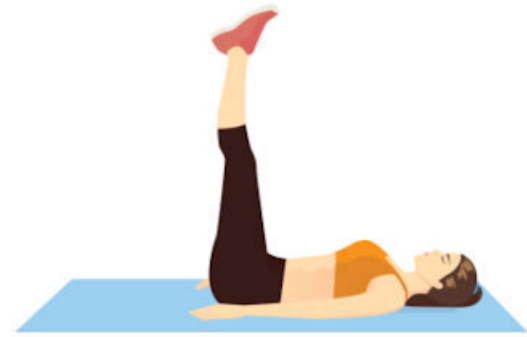


Reverse Crunch



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



ABS OVER 40 WORKOUT TRACKER



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...



✓ WORKOUT NAME:

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TRAVIS SAWYER

ABS OVER 40 COACH

While training people in person is fun, it takes a lot of time to train enough people to make good money and make enough of an impact.

So, in addition to training a few select clients one on one, working in a gym that I love and running an active wear company, I coach fitness and nutrition online by delivering high quality programs that work combined with a nutrition coaching program that delivers amazing results, but only if you stick to it.

I love delivering this coaching model to my clients, family and friends because it has so much accountability that it produces better results than personal training.

Want to Lose 6 Kilos in 6 weeks in our Abs Over 40 Case Study? Message me to find out more.

CONTACT US

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