

NOTE FROM THE PUBLISHER

In the first printing of *Core Envy: A 3-Step Guide to a Strong, Sexy Core* by Allison Westfahl (9781937715342), the publisher found three errors. These errors were on pages 137, 181, and 184. These errors affect only the first print run of the printed edition of the book. The errors were fixed before the book was converted to e-book formats and so do not affect any e-book edition.

These errors will not substantially affect your results using the *Core Envy* program.

To check if your copy of *Core Envy* contains the errors, open your copy to the Contents page. Look left to the facing page, which contains the book's copyright information. At the bottom of the page, there are a series of numbers beginning at the left with 16 and counting down to 1. If your book includes the number 1, then your copy of the book contains the errors. If your book does not show a number 1 in the rightmost position of this series of numbers, then your copy of *Core Envy* already contains the corrected pages.

We offer the following corrected pages for your use, with apologies from the publisher. When your progress through the *Core Envy* program brings you to these pages, please use these corrected pages instead of those bound into the printed book.

Here is a description of the errors in the first printing.

Page 137

The Error: Workout 7 Turbo-Charged Tabata Intervals is not a Tabata-style workout. It is a duplicate of Workout 1 Basic High-Intensity Intervals. Both workouts are effective.

The Correction: In the second printing, the e-books, and all subsequent printings, we have included the correct Tabata interval workout, which you can find in this document. Please use this workout instead when your *Core Envy* plan calls for Workout 7 Turbo-Charged Tabata Intervals.

Page 181

The Error: In Week 6, Level 2, the optional Sunday workouts is a HIIT workout, which is an error. This should instead be a rest day.

The Correction: In the second printing, the e-books, and all subsequent printings, we have included the corrected table showing a rest day on Sunday. Please find the corrected page in this document.

Page 184

The Error: In Week 8, Level 3, the Monday workout is listed as a Sculpting workout. It should have instead been a Cardio HIIT workout.

The Correction: In the second printing, the e-books, and all subsequent printings, we have included the corrected table showing a Cardio HIIT workout 4 (28 min.) on Monday. Please find the corrected page in this document.

7	TURBO-CHARGED TABATA INTERVALS	
WORKOUT		
LEVEL 1	<p>Warm-up: 5 min. at RPE 4</p> <p>Main set: 20 sec. at RPE 7 / 10 sec. rest 20 sec. at RPE 8 / 10 sec. rest 20 sec. at RPE 8 / 10 sec. rest 20 sec. at RPE 9 / 10 sec. rest Rest 1 min. Repeat set 2 more times.</p> <p>Cool-down: 5 min. at RPE 4</p>	<p>Total time ▶ 19 min.</p> <p>Calories burned ▶ 280</p>
LEVEL 2	<p>Warm-up: 5 min. at RPE 4</p> <p>Main set: 20 sec. at RPE 8 / 10 sec. rest Repeat interval for 4 continuous minutes. Rest 1 min. Repeat set.</p> <p>Cool-down: 5 min. at RPE 4</p>	<p>Total time ▶ 20 min.</p> <p>Calories burned ▶ 320</p>
LEVEL 3	<p>Warm-up: 5 min. at RPE 4</p> <p>Main set: 20 sec. at RPE 9 / 10 sec. rest Repeat interval for 4 continuous minutes. Rest 1 min. Repeat set 2 more times.</p> <p>Cool-down: 5 min. at RPE 4</p>	<p>Total time ▶ 25 min.</p> <p>Calories burned ▶ 380</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>SCULPT</p> <p>Pushing & Pulling 2–3 sets of Exercises 1–10</p> <p>CARDIO</p> <p>Aerobic Workout 2 25 min.</p>	<p>SCULPT</p> <p>Twisting & Bending 2–3 sets of Exercises 1–10</p>	<p>CARDIO</p> <p>Low-Intensity Workout 40 min.</p>	<p>REST</p>
<p>SCULPT</p> <p>Pushing & Pulling 3 sets of Exercises 1–10</p> <p>CARDIO</p> <p>Aerobic Workout 2 30 min.</p>	<p>SCULPT</p> <p>Twisting & Bending 3 sets of Exercises 1–10</p>	<p>CARDIO</p> <p>Low-Intensity Workout 45 min.</p>	<p>REST</p>
<p>CARDIO</p> <p>Low-Intensity Workout 50 min.</p>	<p>SCULPT</p> <p>Twisting & Bending 3–4 sets of Exercises 1–10</p>	<p>CARDIO</p> <p>HIIT Workout 6 34 min.</p>	<p>REST</p>

WEEK 8**THE CHERRY ON TOP**

	MONDAY	TUESDAY	WEDNESDAY
Level 1	CARDIO HIIT Workout 4 20 min.	SCULPT Balance & Isometrics 2 sets of Exercises 1–8	REST
Level 2	CARDIO HIIT Workout 4 22 min.	SCULPT Balance & Isometrics 2 sets of Exercises 1–10	REST
Level 3	CARDIO HIIT Workout 4 28 min.	SCULPT Balance & Isometrics 3 sets of Exercises 1–10	CARDIO Aerobic Workout 1 25 min.

You've made it to the final week of your Core Envy program! You have been building core strength, burning off fat through intense cardio interval workouts, and creating a solid base of aerobic endurance thanks to the lower-intensity workouts. Weeks 5–7 saw a gradual yet substantial increase in workout volume and intensity. You have been climbing the relentless hill that is fitness, and now you have officially crested the top! In Week 8, you get to step back and enjoy the view. Look back through the workouts to appreciate how far you've come, and then look in the mirror to see how bright your fitness future is. You have achieved a stronger, sexier core!