CORE 101 MINI PROGRAM



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Develop your abdomen with these fun and challenging workouts sure to strengthen and tone your core.

Core work is an integral part of your overall fitness journey.

A strong core assists when exercising other body parts,
improves your posture, and happens to look really good!

This guide consists of four core-focused workouts ranging between 5 and 21 minutes long, so you're sure to find one to fit your schedule. Add one of these to the end of your workout or get a quick 5 minute standalone session in.

Most exercises are booy-weight, and the only equipment you'll need is a set of light dumbbells.

All exercises can be viewed in the video library, which can be accessed with the password at the top of this page.



PROJIP

Need a bit of an extra challenge?
You can always add weights to almost any core exercise! Dumbbells, sandbags, or plates are ideal for giving yourself an extra push.

5-minute hit it & quit it core workout



20 seconds on, 10 seconds off



15-second break between rounds

Plank Shoulder Taps

Jack Knife

Sit Ups

Kneeling Woodchop (R)

Kneeling Woodchop (L)