

# Core Exercises

**\*\*Each exercise is held/performed for .30 seconds to start out. Work your way up to 1 minute.**

**\*\*\* Pick one workout per day or mix and match exercises. Try to perform at least 7 core exercises per day.**

## **Workout 1**

Front Plank  
Left Plank  
Right Plank  
Leg Raises  
Bicycle  
Crunch

## **Workout 2** (exercise ball)

Reverse Crunch  
Flutter Kicks  
Oblique Hold  
Lateral Crunch  
Russian Twist  
Kneeling Roll

## **Workout 3** (medicine ball)

Wood Chop  
Russian Twist  
Figure 8's or circles  
Crunch  
Partner Twist  
Partner Toss

## **Workout 4**

Deadbug  
Starfish  
Bird Dog  
Incline crunch  
Segmented incline crunch  
Incline crunch with twist