



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



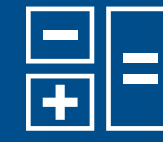
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CORE TRAINING WORKOUT: 5 EXERCISES TO BUILD CORE STRENGTH

Need core strength? Don't just work your abdominals, train your entire core. This workout includes 5 exercises that will help strengthen you from obliques to erectors.

Link to Workout: <https://www.muscleandstrength.com/workouts/core-training-workout-exercises-strength>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 2 Days

Time Per Workout: 15-30 Mins

Equipment: Cables, Dumbbells, Other

Author: Max Riley

Core Strength Workout

Exercise	Sets	Reps
Plank w/ Feet on Bench	3 - 4	60 Secs
Hyperextension	3 - 4	12 - 15
Dumbbell Side Bends	3 - 4	12 - 15
Sit Ups	3 - 4	60 Secs ; AMAP
Flutterkick	3 - 4	60 Secs; AMAP

Perform this core workout twice a week, w/ several days of rest between sessions. AMAP: As Many As Possible