

Strengthening the Core everyday is the main source of developing and exerting power in our body. A weak and unbalanced core can lead to lower back pain and dysfunctional posture. Core exercises help with balance and stability. One of the greatest assets to core training- it doesn't require any special equipment. Our own Body Weight is all we need to begin. So let's work toward a Slim, Fly, and Strong Core!!!

		Name:		Core Exercise Workout			
Date:							
		1	2	3	4	5	6
Exercise	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps
Bicycle Crunch	2 x15	/	/	/	/	/	/
Russian Twist	2 x15	/	/	/	/	/	/
Bicycle Crunch	2x15	/	/	/	/	/	/
DB Wood Chops	2 x15	/	/	/	/	/	/
Toe Touches	2x15	/	/	/	/	/	/
Leg Lifts, hands on side	2 x15	/	/	/	/	/	/
Bend Knee Ab Crunch	2 x15	/	/	/	/	/	/
Date:							
		1	2	3	4	5	6
Exercise	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps
Alternate Side Ab Crunch	2 x15	/	/	/	/	/	/
Ab Circles	2 x15	/	/	/	/	/	/
Prone Iso Abs	2 x15	/	/	/	/	/	/
Prone Iso Abs w/ Single Leg Raise	2 x15	/	/	/	/	/	/
Situps Straddle	2 x15	/	/	/	/	/	/
Scissors 6"	2 x15	/	/	/	/	/	/
	/	/	/	/	/	/	/
Date:							
		1	2	3	4	5	6
Exercise	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps
Cobras	2 x15sec	/	/	/	/	/	/
Supermans	2 x15sec	/	/	/	/	/	/
		/	/	/	/	/	/
4	/	/	/	/	/	/	/
5	/	/	/	/	/	/	/
6	/	/	/	/	/	/	/
7	/	/	/	/	/	/	/

DISCLAIMER: You should not engage in any health or exercise regimen without first consulting with your physician. Your health and exercise regimen should be tailored to your general and specific health condition and your physical abilities and limitations.

