

CORE *Strong*

INCLUDES 5 WORKOUTS
FROM BEGINNER → ADVANCED



Ready to be **CORE STRONG?**



Your core muscles work so hard for you... and we've got just the plan to help them do their job even *better*.

How does this sound to you?

- *Tighter midsection*
- *Less back pain*
- *Better performance*
- *Taller, streamlined posture*

Pretty awesome, right?

In this guide, we've included specific workouts to help make that happen... without doing endless crunches.



At W3 FITNESS, we help men and women regain their youth through innovative fitness techniques and nutritional hacking to get you amazing and lasting results

We hope you love your new Core Strong workouts. I can't wait to hear about your great results!



Committed to your success,

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Why Your Core Strength **MATTERS**



Nearly every move you make engages your core muscles.

They help you:

- *Sit up straight*
- *Walk*
- *Bend over to tie your shoes*
- *Pick up your child or grandchild*
- *Drive to and from work*
- *Do simple tasks like rolling over in bed at night*

Your core muscles even help you breathe. And they do it all without you even thinking about them.

But when your core muscles get weak:

- Everyday tasks get harder and more painful
- Your low back may hurt: 4 out of 5 adults experience back pain!
- It can throw off your balance & stability
- Your performance takes a hit: your workouts, hobbies, and sex life
- You can start to slouch — which has a domino effect on your breathing, appearance, and even your confidence

It's time to avoid all of that!

HOW TO USE

These Workouts

#1

YOUR CORE STRONG WORKOUTS CAN BE USED ON THEIR OWN... OR IN COMBINATION WITH OTHER WORKOUTS.

If you want to do a Core Strong workout during one of your other planned workouts, do these core workouts AFTER.

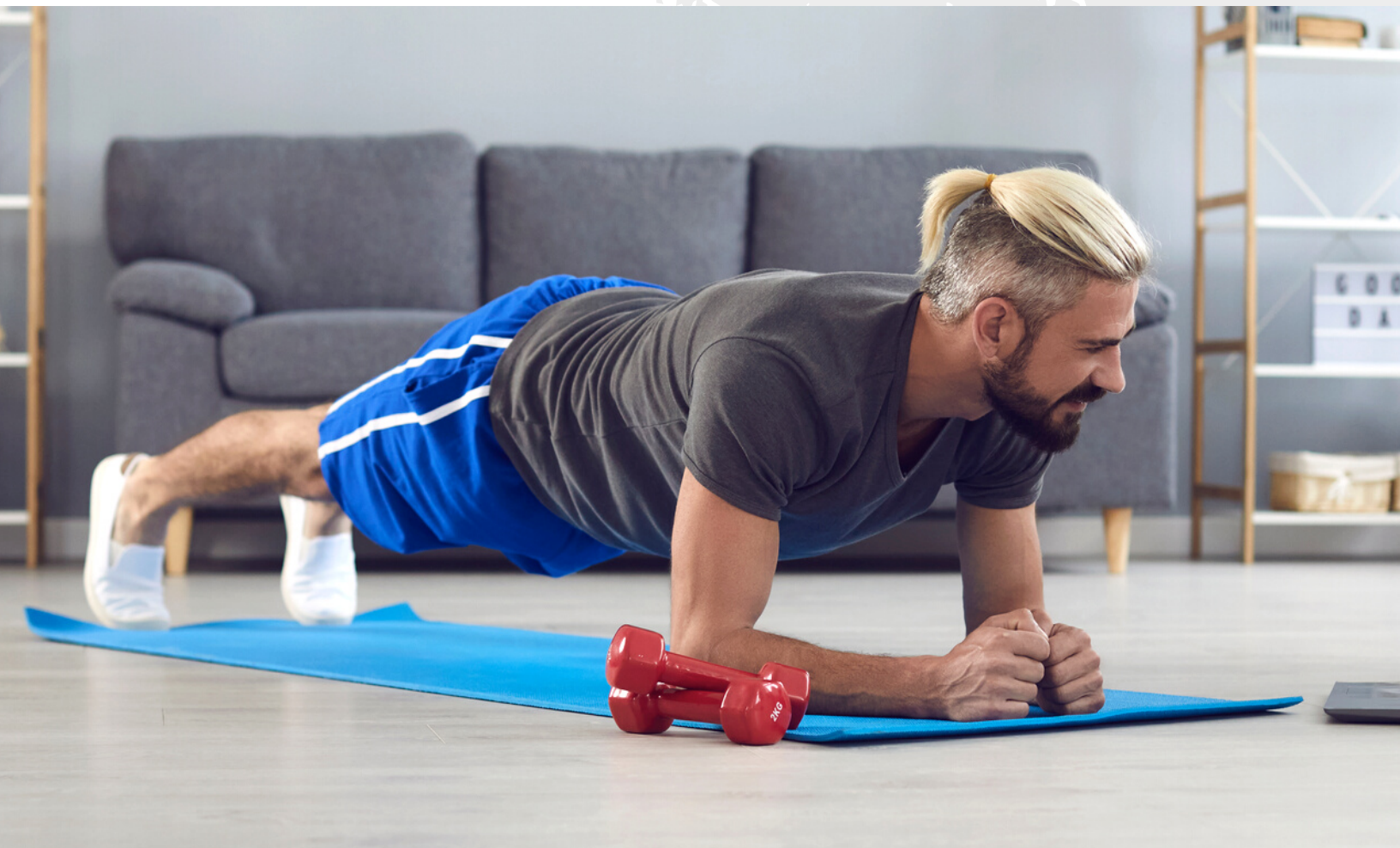
#2

FORM FIRST!

Listen to your body and make sure you're doing each exercise with perfect form. If the exercise becomes challenging, take a break or (for planks and similar exercises) drop to your knees.



➔ HOW TO USE THESE WORKOUTS



- #3** Make a mind-muscle connection and really focus on your core. This can help ensure that the right muscles are doing the work.
- #4** Warm up with light cardio and/or light body movements (squats, arm circles, etc.) before doing these workouts.
- #5** Should you train your abs every day? Your core is just like every other muscle group – it needs rest to recover after a tough workout! Listen to your body and give your core a break the day after a hard workout, or if it feels sore or tired.

Core Strong WORKOUTS



FLOOR CORE

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(See below for a quick video walk-through of each exercise!)

BIRD DOG

5 reps each side, alternating

GLUTE BRIDGE

15 reps

DEAD BUG

5 reps each side, alternating

PANTHER SHOULDER TAP

5 reps each side, alternating

REVERSE CRUNCH

15 reps

SUPERMAN

10 reps (hold for 2 seconds at the top of the movement)



CORE FOCUS

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(See below for a quick video walk-through of each exercise!)

GOBLET SQUAT HOLDING DB

15 reps

HALF TURKISH GET-UP

5 reps each side, alternating

BENT-OVER ROW WITH DBS

12 reps

HALF-KNEELING WOODCHOP

8 reps each side

PUSH-UP

10 reps

CORE BURN

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(See below for a quick video walk-through of each exercise!)

CRUNCHES

15 reps

SLOW MOUNTAIN CLIMBER

10 reps each side

AB BICYCLE

30 seconds

PLANK DRAG THROUGH

10 reps each side

RUSSIAN TWIST

10 "twists" to each side

FOREARM PLANK

30-60 seconds

➔ CORE STRONG WORKOUTS

■ ■ PILATES INSPIRED CORE ■ ■

*Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(See below for a quick video walk-through of each exercise!)*

SUPINE TOE TAPS	10 reps each side, alternating
AB PENDULUM (BENT KNEES)	10 reps each side, alternating
ROLLING LIKE A BALL	10 reps
SIDE PLANK HIP LIFTS	10 lifts each side
SINGLE LEG GLUTE BRIDGE PULSES	10 lifts each side
ROCKING PLANK	30-60 seconds

■ ■ CORE BLASTER ■ ■

*Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(See below for a quick video walk-through of each exercise!)*

SINGLE ARM DB CHEST PRESS	10 reps each side
"KICKSTAND" RDL WITH DB	10 reps each side
SINGLE ARM OVERHEAD PRESS	10 reps each side
LUNGE WITH ROTATION	10 reps each side
SINGLE ARM BENT-OVER ROW	10 reps each side
SUITCASE CARRY	10 reps each side

VIDEO REFERENCES:

FLOOR CORE EXERCISES

BIRD DOG:

[HTTPS://SHARE.VOOMLY.COM/V/PBYNYTFXMYWINYXJAUKSIYIB0YLNJDGG4PJF39ITZ0QLWYGR](https://share.voomly.com/v/PBYNYTFXMYWINYXJAUKSIYIB0YLNJDGG4PJF39ITZ0QLWYGR)

GLUTE BRIDGE:

[HTTPS://SHARE.VOOMLY.COM/V/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFGINIPEAYD09LG](https://share.voomly.com/v/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFGINIPEAYD09LG)

DEAD BUG:

[HTTPS://SHARE.VOOMLY.COM/V/ZOHEZIOGFKVENTBSTLEH9-MNIRQLHBC-QGM-VSLEJLUCFGRTE](https://share.voomly.com/v/ZOHEZIOGFKVENTBSTLEH9-MNIRQLHBC-QGM-VSLEJLUCFGRTE)

PANTHER SHOULDER TAP:

[HTTPS://SHARE.VOOMLY.COM/V/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCLCMADSVULKIQ](https://share.voomly.com/v/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCLCMADSVULKIQ)

REVERSE CRUNCH:

[HTTPS://SHARE.VOOMLY.COM/V/EYH6UEKSBT7TL00FYIICGMVFTAIEVFU5GUHSIYCXDXKLYZKPSG](https://share.voomly.com/v/EYH6UEKSBT7TL00FYIICGMVFTAIEVFU5GUHSIYCXDXKLYZKPSG)

SUPERMAN:

[HTTPS://SHARE.VOOMLY.COM/V/KSVOZZNH2AGMKBVIZ0DKPQPQAAWSYMD-1CNODF55EBODWXC0D](https://share.voomly.com/v/KSVOZZNH2AGMKBVIZ0DKPQPQAAWSYMD-1CNODF55EBODWXC0D)

CORE FOCUS EXERCISES

GOBLET SQUAT HOLDING DB:

[HTTPS://SHARE.VOOMLY.COM/V/MFZAWTZQVDNOWG0BV4EZV9OXOUG90CXZJQXJHF6CUXNMRU0HU](https://share.voomly.com/v/MFZAWTZQVDNOWG0BV4EZV9OXOUG90CXZJQXJHF6CUXNMRU0HU)

HALF TURKISH GET-UP:

[HTTPS://SHARE.VOOMLY.COM/V/SWMIGZIGFIP_HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWA](https://share.voomly.com/v/SWMIGZIGFIP_HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWA)

BENT-OVER ROW WITH DBS:

[HTTPS://SHARE.VOOMLY.COM/V/ZANIJBOPRSCOYUTDLVAXRFXYPRAWAJPWNMWLYW6R8NKE3U-K](https://share.voomly.com/v/ZANIJBOPRSCOYUTDLVAXRFXYPRAWAJPWNMWLYW6R8NKE3U-K)

HALF-KNEELING WOODCHOP:

[HTTPS://SHARE.VOOMLY.COM/V/XUQNX5IUD8HIOSNYWRD1MUM7BIAGMDIX3UJJCXGMAKL4CMDCD](https://share.voomly.com/v/XUQNX5IUD8HIOSNYWRD1MUM7BIAGMDIX3UJJCXGMAKL4CMDCD)

PUSH-UP:

[HTTPS://SHARE.VOOMLY.COM/V/OHZR2QYXHOVZ3SUQ5J846GQXSWKY015GIN9ZCYYIBENPMGQ3C](https://share.voomly.com/v/OHZR2QYXHOVZ3SUQ5J846GQXSWKY015GIN9ZCYYIBENPMGQ3C)

CORE BURN EXERCISES

CRUNCHES:

[HTTPS://SHARE.VOOMLY.COM/V/KHUPBQSNBMK7SX0RRUSYCQPPFKAWEXSYK2B1FF52QVMAHSQIT](https://share.voomly.com/v/KHUPBQSNBMK7SX0RRUSYCQPPFKAWEXSYK2B1FF52QVMAHSQIT)

SLOW MOUNTAIN CLIMBER:

[HTTPS://SHARE.VOOMLY.COM/V/WMGSLVLOWW7IIZXYPCHZW8U6EIKDDQ-OU5_DJPLGJAZPNI4A](https://share.voomly.com/v/WMGSLVLOWW7IIZXYPCHZW8U6EIKDDQ-OU5_DJPLGJAZPNI4A)

AB BICYCLE:

[HTTPS://SHARE.VOOMLY.COM/V/GBW3GRAGOVDAUI-NWGC9B4RX0BC5AEM_FWIFMR78MAAKUIIGT](https://share.voomly.com/v/GBW3GRAGOVDAUI-NWGC9B4RX0BC5AEM_FWIFMR78MAAKUIIGT)

PLANK DRAG THROUGH:

[HTTPS://SHARE.VOOMLY.COM/V/XVF8QEDTNYMHX0ODME75QRTGEAHJAQ7P1MAQLDITKXLKEXPWG](https://share.voomly.com/v/XVF8QEDTNYMHX0ODME75QRTGEAHJAQ7P1MAQLDITKXLKEXPWG)

RUSSIAN TWIST:

[HTTPS://SHARE.VOOMLY.COM/V/UUQASKKFRZOBFRCKMBCZAAOCFC2BJISFI5RE_PMVFAZUK0OM](https://share.voomly.com/v/UUQASKKFRZOBFRCKMBCZAAOCFC2BJISFI5RE_PMVFAZUK0OM)

FOREARM PLANK:

[HTTPS://SHARE.VOOMLY.COM/V/ZXVRH7QNWL7H0VDBJ7I8FTUBU0APUZE0PV93FQ6ALMVHI0ANG](https://share.voomly.com/v/ZXVRH7QNWL7H0VDBJ7I8FTUBU0APUZE0PV93FQ6ALMVHI0ANG)

VIDEO REFERENCES:

PILATES INSPIRED CORE EXERCISES

SUPINE TOE TAPS:

[HTTPS://SHARE.VOOMLY.COM/V/3RZYDSFAYKCLM5LYWVI2OSAGMHOQWPGOGLYAPGBHYN7ITYUTB](https://share.voomly.com/v/3RZYDSFAYKCLM5LYWVI2OSAGMHOQWPGOGLYAPGBHYN7ITYUTB)

AB PENDULUM (BENT KNEES):

[HTTPS://SHARE.VOOMLY.COM/V/DEHEYKREJMNOJZKSCWRF2X8LBGAMHDYGD2C9RWFEBDL_WNBGI](https://share.voomly.com/v/DEHEYKREJMNOJZKSCWRF2X8LBGAMHDYGD2C9RWFEBDL_WNBGI)

ROLLING LIKE A BALL:

[HTTPS://SHARE.VOOMLY.COM/V/MBWNVRWPNOBIV-K4XIDIEBCXU0NGZOZQNXGTHHUP80321X0J](https://share.voomly.com/v/MBWNVRWPNOBIV-K4XIDIEBCXU0NGZOZQNXGTHHUP80321X0J)

SIDE PLANK HIP LIFTS:

[HTTPS://SHARE.VOOMLY.COM/V/FITXXTJFPACTBRSWIG452KWIIIN3ZEDU7RU78VYN5COKBGAADJ](https://share.voomly.com/v/FITXXTJFPACTBRSWIG452KWIIIN3ZEDU7RU78VYN5COKBGAADJ)

SINGLE LEG GLUTE BRIDGE PULSES:

[HTTPS://SHARE.VOOMLY.COM/V/FGWNYJD-DFTYWWVC8BDFPU9QHIZZXF-WUXNBJZ40U66CD0VWU](https://share.voomly.com/v/FGWNYJD-DFTYWWVC8BDFPU9QHIZZXF-WUXNBJZ40U66CD0VWU)

ROCKING PLANK:

[HTTPS://SHARE.VOOMLY.COM/V/OKXAKK0VKIFXZAETELSGJWFXHGUQCDCFB3S7FDJMQALYJXLI](https://share.voomly.com/v/OKXAKK0VKIFXZAETELSGJWFXHGUQCDCFB3S7FDJMQALYJXLI)

CORE BLASTER EXERCISES

SINGLE ARM DB CHEST PRESS:

[HTTPS://SHARE.VOOMLY.COM/V/KZZAGYPB0E7RLECOFBSO-S_OSVXER9CCYZZCD5KQPKBLVU8CN](https://share.voomly.com/v/KZZAGYPB0E7RLECOFBSO-S_OSVXER9CCYZZCD5KQPKBLVU8CN)

"KICKSTAND" RDL WITH DB:

[HTTPS://SHARE.VOOMLY.COM/V/VNG77Z_YFNKQISYTIWPCUWLZUMPO4CI5KNBKQGNBBXBB0FSK](https://share.voomly.com/v/VNG77Z_YFNKQISYTIWPCUWLZUMPO4CI5KNBKQGNBBXBB0FSK)

SINGLE ARM OVERHEAD PRESS:

[HTTPS://SHARE.VOOMLY.COM/V/XBJKDG6ZWXZTYZULFJR3CM0POFGQMOCOC0UMIBMSHJBIJM0WP](https://share.voomly.com/v/XBJKDG6ZWXZTYZULFJR3CM0POFGQMOCOC0UMIBMSHJBIJM0WP)

LUNGE WITH ROTATION:

[HTTPS://SHARE.VOOMLY.COM/V/IR4823AHEAQRPG-LFZWI3DINM493XGTGIY2BESHONWQQCGEYO](https://share.voomly.com/v/IR4823AHEAQRPG-LFZWI3DINM493XGTGIY2BESHONWQQCGEYO)

SINGLE ARM BENT-OVER ROW:

[HTTPS://SHARE.VOOMLY.COM/V/A9HFJHTSQYBEVREPCIVLVIDTRVJIDFS-6J9JIL0AMRKBAGAA4](https://share.voomly.com/v/A9HFJHTSQYBEVREPCIVLVIDTRVJIDFS-6J9JIL0AMRKBAGAA4)

SUITCASE CARRY:

[HTTPS://SHARE.VOOMLY.COM/V/3ETXDS6TD5SPMJPE9RVZS8AGNRZPCYD02ZJDVJRPMD7UOHXOG](https://share.voomly.com/v/3ETXDS6TD5SPMJPE9RVZS8AGNRZPCYD02ZJDVJRPMD7UOHXOG)