

THE ULTIMATE HardCORE Workout

A lot of people think that getting a great core workout equals doing a million crunches off the floor or an hour long 'ab' workout at a gym. In reality what those two things actually get you is an imbalanced body with forward head posture, rounded shoulders, low back pain and a very tight rectus abdominus which, pulls you forward and down as well. And, who wants that? I'm going to give you an awesome hardcore 'core' workout that will not only strengthen your abdominals and back (which is also part of the core) but, will create a beautiful and functionally balanced body that is stable.

This workout will be a bit different than what you'd normally think of when you do a 'core' workout. You can make it a 15 minute workout if time is limited and only do 1-2 sets or if you have more time and would like to take it to 30-45 minutes you can do 3-4 sets. Have fun with it and watch how quickly your core will become stronger and get sculpted!

EXERCISE	SETS	REPS	REST
Spints	2 to 4	15 to 20 Seconds	2 minutes
Wood Chip: High to Low	2 to 4	15 to 20 Each Side	
Straight-Arm Lat Pull to a Crunch	2 to 4	15 to 20	
Side Plank With Hip Hike	2 to 4	8 to 10 Each Side	
Stability Ball Ab Crunch With Medicine Ball Toss	2 to 4	15 to 20	2 Minutes

1. Numbers 1 is to be done on its own and is an 'all out' sprint as hard and fast as you can. Most people don't know this but sprints are one of the best core exercises that you can do. Numbers 2, 3, 4 & 5 to be done in a circuit format with 2 minute rest after you've completed each circuit but no rest between exercises.

2. WoodChop with weight shift



- Grab the cable and link your hands or grab the cable with the lead hand first and take it from high to low.
- Arms straight with slight bend in elbows.
- Drop down into a wide low squat and shift your lower body weight from left to right or right to left depending on the direction you are going with your arms.
- Switch to the other side and repeat.

3. Straight arm lat pull into crunch



- Starting position is with a slight bend in the knees, slight lordosis in the lumbar spine, chin tucked head in alignment with spine, straight arms and wrists. Step back a couple of feet so you have enough room to fully extend your arms.
- Bend your torso forward at the waist by about 30-degrees with your arms fully extended in front of you and a slight bend at the elbows. If your arms are not fully extended then you need to step back a bit more until they are, you will also feel a bit of a stretch in the abdominals. Once your arms are fully extended and your torso is bent at the waist, tighten the lats and then you are ready to begin.
- While keeping the arms straight with a slight bend in the elbows, pull the cables down by contracting the lats until your hands are next to the side of the thighs and you crunch down into yourself by bringing your chest to the tops of your thighs.
- Be sure to exhale as you crunch into yourself or you can injure your abdominals with a muscle strain or worse, a rupture of the muscle at its attachment.
- Go back to your starting position and start again without letting go of any tension in the muscles.

4. Side plank with hip hikes



- Side plank on either elbow or hand, make sure it's 90 degree angle if on elbow and hand is directly underneath the shoulder.
- Tap hips down on the ground and back up.
- Switch side and repeat.

5. Full abdominal crunch back on ball w/ med ball toss



- Sit on stability ball, lie back slightly
- Tighten core and lie back on the ball so that you feel a stretch in the upper part of abs.
- Med ball in hands overhead, get ready to throw it.
- Throw ball while exhaling and crunching up without releasing tension in the abs.
- Catch ball and roll back down onto the ball one vertebrae at a time.
- Exhale on the crunch or flexion of abs.