



21

DAY AB

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CHALLENGE

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FITNESS  
*fernwood*®

# STRENGTHEN YOUR *Core*

It's time to activate your core! Read about how to train your mid-section, the benefits of having a strong core, and then try our 21-day ab challenge to strengthen and tone your midsection, learn new exercises and feel more confident in your workouts!

Enjoy *XX*





# HOW TO TRAIN YOUR *Core*

If you're hitting the gym with the fitness goal of improving your core strength but you're not sure where to start, then you've come to the right place!

The term 'core' is often associated with the abs but your core is actually composed of a group of muscles that control movement and it's where your body's centre of gravity is located. These muscles are your abdominal wall, back muscles (latissimus dorsi and back extensors) and your psoas (hip flexors) muscles. These are the muscles that you can focus on when you are trying to build your core strength.

## BENEFITS OF HAVING A STRONG CORE

A firm and strong core often has many benefits, including:

- Good posture
- Decreased muscle imbalances
- Improved sports performance
- Improved hip stability and joint mobility
- Strong lower back
- Injury prevention

### How to train your core

When doing your ab and core workouts, always remember to hit all parts of your torso, namely the rectus abdominis, transverse abs and your obliques. Perform at least one or two exercises per movement for a few reps or seconds.



# GETTING STARTED

Here are some exercises that are great for your abs and core. We always advise performing new exercises or workouts under the guidance of a personal trainer or fitness professional.



## PLANK

1. Start on all fours, leaning on the elbows with palms face down, the forearms vertical.
2. Extend the legs behind you, creating a straight line from your head to your toes.
3. Brace the abs to hold the position.



## SWISS BALL V-SIT CRUNCH

1. Lay down on your back with your arms stretched out above your head holding the Swiss ball and your legs straight.
2. Tilt your pelvis to place your lower back on the floor and activate your core. Simultaneously raise your arms and legs to form a v shape with your body, place the ball in between your shins and lower your upper and lower body back towards the floor.
3. Repeat the movement and place the ball back into your hands and lower to the floor.



## RUSSIAN TWIST

1. Sit on the floor with your knees bent and feet flat on the ground. Hold the medicine ball at chest height.
2. Pull your core in and lean slightly back holding the ball at chest height.
3. Rotate your torso taking the medicine ball towards the floor. Keep your eyes on the ball at all times and maintain a straight spine.

# 21

## DAY AB

### CHALLENGE

# IT'S TIME TO ACTIVATE YOUR CORE!

## DAY 1



Toe touch crunch  
X 40

## DAY 2



Floor flutter kick  
X 40 (20 each side)

## DAY 3



Plank with  
alternating leg raise  
X 40 (20 each side)

## DAY 4



Russian twist  
(with medicine ball 4-6kg)  
x40 (20 each side)

## DAY 5



Rolling plank  
X 40 (20 each side)

## DAY 6



Floor flutter kick  
X 50 (25 each side)

## DAY 7



Plank with  
alternating leg raise  
X 50 (25 each side)

# 21

**DAY AB**  
CHALLENGE

# IT'S TIME TO ACTIVATE YOUR CORE!

## DAY 8

Russian twist  
(with kettlebell 4-6kg)  
x50 (25 each side)

## DAY 9

Rolling plank  
(25 each side)

## DAY 10

Toe touch crunch  
X 50

## DAY 11

Plank with  
alternating leg raise  
X 60 (30 each side)

## DAY 12

Russian twist  
(with VIPP 6-8kg)  
X 60 (30 each side)

## DAY 13

Rolling plank  
X 60 (30 each side)

## DAY 14

Floor flutter kicks  
X 60 (30 each side)



# 21

**DAY AB**  
CHALLENGE

# IT'S TIME TO ACTIVATE YOUR CORE!

## DAY 15

Toe touch crunch  
X 60

## DAY 16

Russian twist  
(with plate 5-10kg)  
X 70 (35 each side)

## DAY 17

Rolling plank  
X 70 (35 each side)

## DAY 18

Toe touch crunch  
(medicine ball 4-6kg)  
X 70

## DAY 19

Plank with  
alternating leg raise  
X 70 (35 each side)

## DAY 20

Floor flutter kicks  
(plate 4-6kg)  
X 70 (35 each side)

## DAY 21

Bicycle crunches x  
40 (alternating)

**Do you want to step it up a notch?** Try 2-3 set of 20 reps – OR – time 20-45 sec on / 10 sec rest  
Exercise plan by Fernwood Fitness Personal Trainer of the Year Linda Dani from Fernwood Broadway

# GET CRUNCHING

Don't forget to tag us in pics of you enjoying these workouts with **#FernwoodFitness** on Instagram and Facebook.

Follow the official Fernwood Fitness accounts for competitions, giveaways, recipes, health and fitness tips, and more!

 @FernwoodFitness

 #FernwoodFitness

*Get your body*

## MOVING WITH A WORKOUT

Get started by presenting  
this page to a Fernwood Fitness club  
to receive your

**FREE CLASS PASS.**

Only available at participating clubs.