

# Basic Core Strengthening Workout

## Basic Core Workout

Created on August 21, 2023 by Antonius Torode

Strengthen your core with this effective core workout. This routine focuses on key exercises to help build core stability and strength.

### HIIT Warm-up

Perform each exercise for **45 seconds**, followed by a **15-second rest**. Repeat the circuit **twice** for a 10-minute workout.

1. Plank Jacks
2. Bicycle Crunches
3. Russian Twists (fast)
4. High Knees
5. Mountain Climbers

Perform the following core exercises to strengthen and tone your midsection. Repeat the circuit **five** times.

### Exercise 1

**Russian Twists (slow)** - Hold a dumbbell or weight plate for added resistance. 20 reps (10 per side).

### Exercise 2

**Hanging Leg Raises** - Use ankle weights if desired. 15 reps.

### Exercise 3

**Plank** - Hold for as long as you can while maintaining good form.

### Exercise 4

**Oblique Crunches** - Perform on each side. 15 reps per side.

### Cool-down

After completing the workout, cool down your body with light activity and static stretching. **Perform two sets of the following!**

- Slow jog or brisk walk - 4 minutes
- Your preferred stretches - 2 minutes