

BENTLEIGH FITNESS CENTRE

7 Day Core Workout

This 7 day core workout consists of a variety of workouts to ensure you are targeting all your core muscles.

These workouts can be completed consistently throughout the week or at your own pace.



BUILD MY STRONG BODY & MIND

**BENTLEIGH
FITNESS CENTRE**

WORKOUT #1

3 rounds

30 sec x right side plank

30 sec x front plank

30 sec x left side plank

15m x bear crawl

20 x glute bridge





WORKOUT #2

7 minutes - as many rounds possible

6 x reverse crunches

5 x plank rotation

20 x mountain climbers

Rest 2 minutes, repeat

WORKOUT #3

5 rounds

45-60 sec x plank

20 x deadbug

10m x crab crawl



WORKOUT #4

Repeat 4 times
45 seconds rest in between

- 8 x bird dog (each side)
- 6 x inchworm
- 20 x scissor kicks (each side)
- 12 x plank side step



WORKOUT #5

20 x sec on | 10 x sec off
Repeat 8 times

Plank with side reach

V-sit

Plank with sholder tap

Flutter kicks



WORKOUT #6

7 minutes - as many rounds as possible

8 x right side plank reach through

30 x flutter kicks (each side)

8 x left side plank reach through

Rest 2 minutes, repeat





WORKOUT #7

10 TO 1 !!

(10 reps, 9 reps, 8 reps... 1 rep)

Plank jumps

Reverse crunches

Body saw

Half wipers

Positive Effects of a Strong Core

DIRECT BENEFITS

Tones abdominal muscles.



SECONDARY EFFECTS

Enhances balance & stability.

Improves coordination, posture & brain power.

A STRONG CORE

Improves your posture

A STRONG CORE

Reduces back pain by bringing balance to the front and back of your body.

A STRONG CORE

Protects your inner organs and central nervous system.

WE'D LOVE TO HEAR HOW YOU GO!

FOLLOW & TAG US



Bentleigh Fitness Centre



@bentleighfitnesscentre