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.

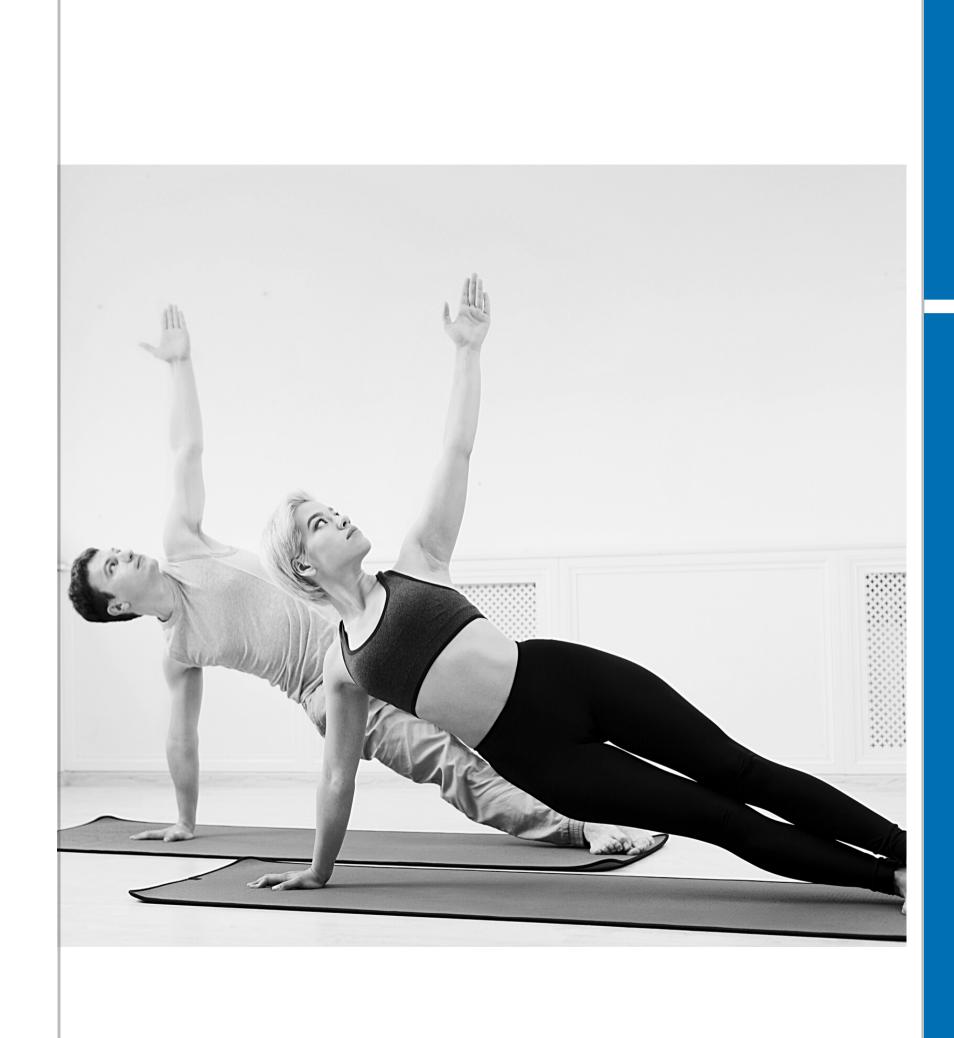
BUILD MY STRONG BODY & MIND



BENTLEIGH FITNESS CENTRE

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







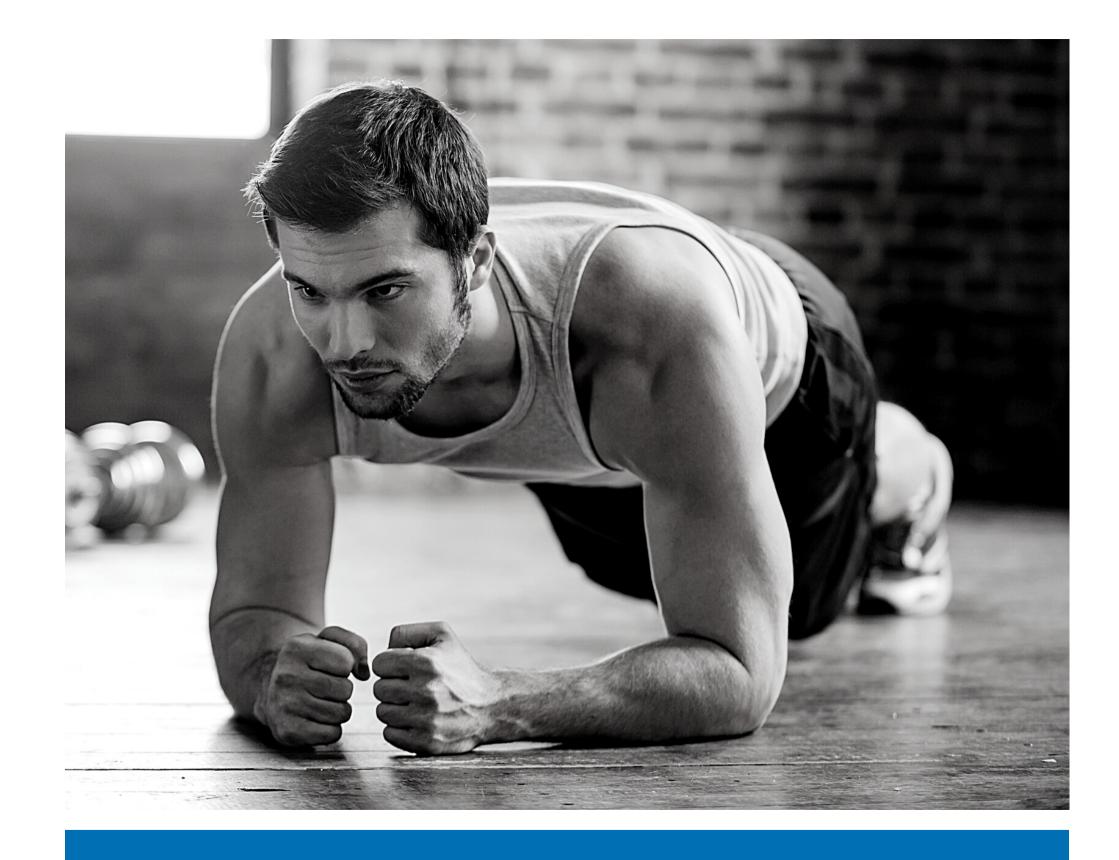
7 minutes - as many rounds possible

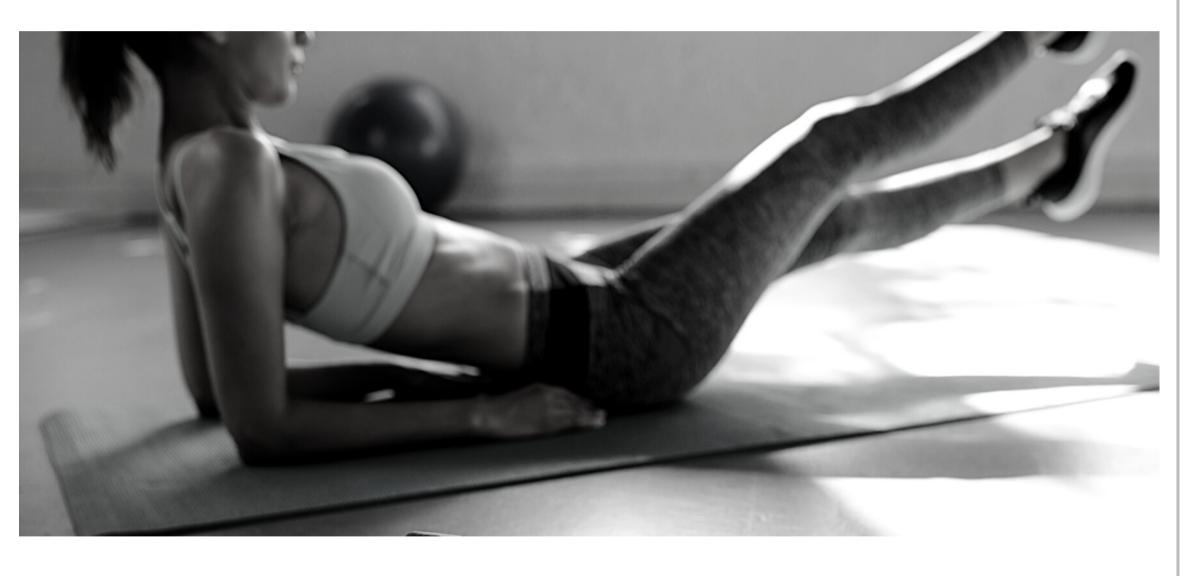
6 x reverse crunches 5 x plank rotation 20 x mountain climbers

Rest 2 minutes, repeat

5 rounds

45-60 sec x plank 20 x deadbug 10m x crab crawl



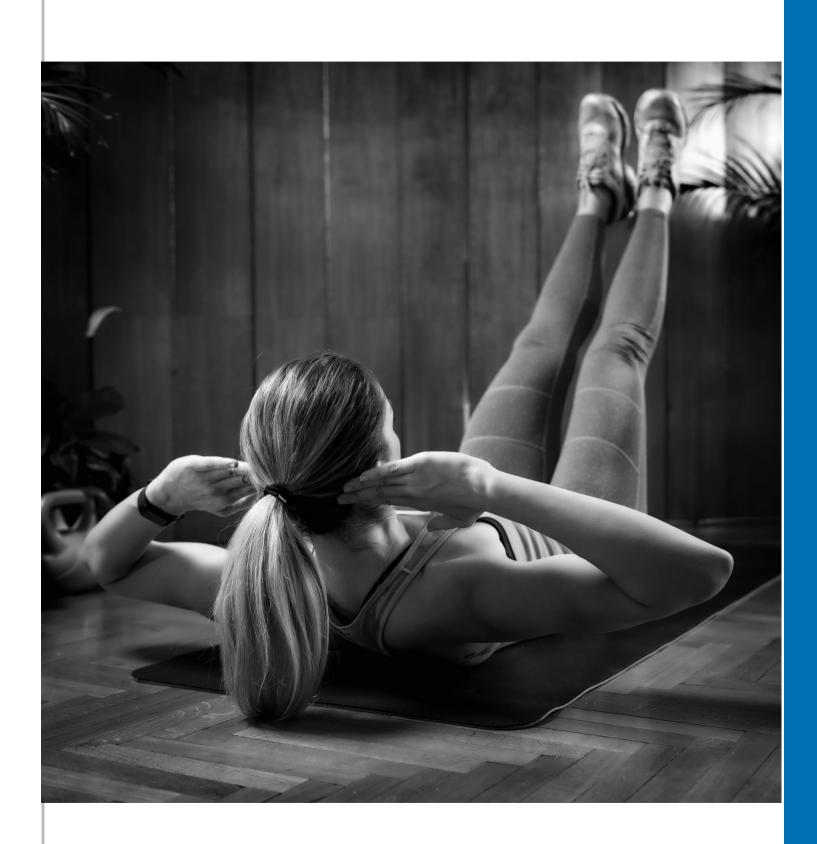


Repeat 4 times 45 seconds rest in between

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

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

Plank with side reach V-sit Plank with sholder tap Flutter kicks



7 minutes - as many rounds as possible

8 x right side plank reach through30 x flutter kicks (each side)8 x left side plank reach through

Rest 2 minutes, repeat







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

Plank jumps Reverse crunches Body saw Half wipers

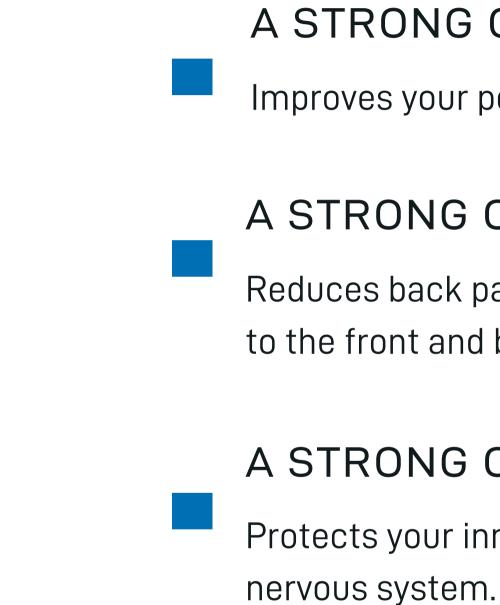
Positive Effects of a Strong Core





SECONDARY EFFECTS

Enhances balance & stability. Improves coordination, posture & brain power.



WE'D LOVE TO HEAR HOW YOU GO! FOLLOW & TAG US Bentleigh Fitness Centre



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 centeral

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