



## 3 Day Core Workout

## Introduction

My Name is Dave and I have created this plan to help you improve the strength, flexibility and definition of you core muscles. We all know the core is the abdominal muscles on the front of our torso also called the 6 pack, right? Wrong. The core is made up of a number of muscles listed below with their functions;

- The rectus abdominis is the most popular core muscle and most people associate with a six-pack. It helps stabilize the internal organs.
- The transversus abdominis is another abdominal muscle that helps with movement and stabilizing the spine.
- The Obliques are found along the sides of the body, there are 2 types, the internal and external, both play a role in spinal protection and rotation.
- The quadratus lumborum is a deep abdominal muscle located in the lower back. It extends from the lowest rib to the top of the pelvis. It can be associated with back pain, posture, and mobility issues.
- The pelvic floor houses organs such as the urethra, bladder, intestines, rectum, uterus, cervix, and vagina. It also includes connective tissues such as hamstrings, hip flexors, and abductors. Together, the pelvic floor muscles and tissues help with sexual health, hip stabilization, urination and bowel movements.
- The erector spinae and multifidus muscles are technically back muscles, but they're both connected to basic movement via the spine.

As you can see a strong and healthy core has more functionality than looking good, it is essential for a whole host of benefits.

Each days workout should be completed as a circuit, one exercise after another with no rest. Make sure to complete all the reps/allocated time before moving onto the next exercise. Once you have completed the circuit rest for 1 or 2 minutes. Each circuit can be completed between 3 and 5 times round, this all depends on your fitness levels and time available but remember you need to push yourself and stick to the number of rounds you are going to complete. Give yourself a day or 2 rest between each circuit to give yourself time to recover.

This plan will help you improve all of these aspects but please remember to warm up before each workout with some light cardio and dynamic stretches, and cool down afterward with some static stretches. Adjust the number of repetitions and sets based on your fitness level and gradually increase the intensity as you progress. Additionally, listen to your body and modify exercises if needed to avoid any discomfort or pain. Please see a doctor before starting any workout plan.

Thank you for choosing DR Fitness and Nutrition

Dave

Day 1:

1. Plank: between 15 and 30 Second hold
2. Bicycle Crunches: between 10 and 15 repetitions, alternating sides.
3. Russian Twists: Between 10 and 15 repetitions.
4. Leg Raises: between 6 and 10 repetitions.

Day 2:

1. Mountain Climbers: between 10 and 15 repetitions on each leg.
2. Abdominal Curls: Between 10 and 15 repetitions.
3. Side Plank: Between 15 and 30 seconds on each side.
4. Superman Pose: hold for 15 seconds

Day 3:

1. Sit-ups: Between 10 and 15 repetitions
2. Flutter Kicks: Between 12 and 20 repetitions on each leg.
3. Plank with Hip Dips: Between 6 and 10 repetitions on each side.
4. Russian Twist with Medicine Ball or small weight: Between 8 and Perform 12 repetitions.

Notes:

### **How to:**

Russian twists – Sit on the floor with your feet flat on the floor so your knees are bent, lean back slightly and while remaining in this position twist at the core to touch one side next to you then twist to touch the other side.

Flutter Kicks – Lie on your back with your legs straight and together, Hands need to be down by your side or placed under your hips for support, lift both feet off the floor a little bit then lift one a little bit higher then lower and repeat with the other leg.

Plank – Lie in the prone position with your forearms on the floor instead of your hands, your elbows should be directly underneath your shoulders and toes stay on the ground. Keep a straight line from your head to your ankles by keeping your core tight. Hold this position for the period needed.

Side Planks – Lie on your right side with your legs straight and feet stacked on top of each other. Place your right elbow under your right shoulder with your forearm pointing away from you and your hand balled into a fist. The pinky side of your hand should be in contact with the ground. With your neck neutral, breathe out and brace your core. Lift your hips off the mat so that you're supporting your weight on your elbow and the side of your right foot. Your body should be in a straight line from your ankles to your head. Hold this position for the duration of the exercise. Repeat on your left side.

Abdominal Curls – Lie in a supine position and place hands on the chest, keep your core engaged and lower back flat to the floor, curl up instead of sitting up, keep your feet flat on the floor throughout.

Bicycle Crunches – Lie on your back, with your knees bent as if you were going to perform a sit-up or oblique crunch. Keep your shoulders raised slightly above the floor and lift your chest. Place your hands behind your head, with your elbows flared. You shouldn't pull on your neck or your head at any point during the bicycle crunch, so try not to interlock your fingers. Lift one leg off the ground, and extend it out. Lift your other leg and bend your knee, so that it comes towards your chest. Remember to keep your other leg straight out at this point. As you bend your knee towards you, raise your opposite elbow towards your knee in a twisting motion. You don't need to touch your knee with your elbow. Lower your elbow and knee at the same time, whilst raising your opposite limbs to perform the same movement. If you had just gone right elbow to left knee, it's time to go left elbow to right knee.

Leg Raises – Lie on your back with your legs straight and together, Hands need to be down by your side or placed under your hips for support, lift both feet off the floor a little bit then lower and repeat.

Mountain Climbers – Start in a press-up position, hands wide. Engage your abs and bring your right knee to your chest. As you push the leg back to start position, bring your left knee in. Continue, alternating legs.

Superman – Lie on the floor in a prone position, with your legs straight and your arms extended in front of you. Keeping your head in a neutral position (avoid looking up), slowly lift your arms and legs off the floor until you feel your lower back muscles contracting. Hold for a second and then return to the start position.

Sit Up – Lie down on your back. Bend your legs and place feet firmly on the ground to stabilise your lower body. Curl your upper body all the way up toward your knees. Exhale as you lift. Slowly, lower yourself down, returning to your starting point. Inhale as you lower

Plank with Hip Dips – Hold a plank position but try to touch the outside of your hips to the floor in a rotation movement.