

# Core Workout: Intermediate – Equipment Needed

## For your Safety:

We are excited that you have decided to download and enjoy this workout.

Please read the entire written description that accompanies the program very carefully before starting and always use common sense and good judgment. Remember to always consult with your physician prior to starting any exercise program. If you have any questions about how to complete this work out safely, please find a Falcon Fitness Center employee.

There is an inherent risk to any exercise program. By downloading and using this workout, you acknowledge and agree that you are doing so voluntarily and agree that you will not hold Messiah College or the Falcon Fitness Center liable for any and all injuries.

## Description:

1. This work out was designed for those who want a more challenging core program and have equipment available to them.
2. This workout can be treated as a stand-alone program, or can be a great addition to the end of a cardio or resistance training program.
3. If you are new to working out or struggle to hold a plank for 30 seconds we suggest starting with the beginner body weight program.

| <u><a href="#">CORE WORKOUT: INTERMEDIATE – EQUIPMENT NEEDED</a></u> |                      |
|--|----------------------|
| <b>Exercise*</b>   | <b>Time or Reps</b>  |
| <a href="#">Med Ball Side to Side Tap</a>                            | 15x Each Direction   |
| <a href="#">DB Side Bends</a>  | 15x Each Direction   |
| <a href="#">MB Toe Touch</a>   | 10x                  |
| <a href="#">Cable Anti-Rotation Hold</a>                             | 30 Seconds Each Side |
| <a href="#">Swimmer on Stability Ball</a>                            | 10x Each Side        |



\*Click on the exercises above to load demonstration videos!