

Core Workout: Beginner No Equipment Necessary

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 workout was designed for individuals looking for a basic core program to strengthen their hips and torso. This is a great workout if you are new to exercising or have not done much core specific work.
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. When you feel comfortable with these exercises we encourage you to explore our other core workouts to continue to challenge yourself!

<u>CORE WORKOUT: BEGINNER NO EQUIPMENT NECESSARY</u>	
Exercise*	Time or Reps
<u>Plank</u>	30 Seconds
<u>Dead Bug</u>	x10 Each Leg/Arm
<u>Side lying double leg raise hold</u>	Hold for 10 Seconds 3x on Each side
<u>Slow 3 way sit ups</u>	8 Each Direction
<u>Double Leg Hip Bridge</u>	x10 - Pause for 2 seconds at the top



*Click on the exercises above to load demonstration videos!