

Dynamic Progress Core Stabilizer Workout



Dynamic-progress: TRY THIS WORKOUT

Core Stabilizer



Claudia Ramirez



core

Sculpt and tone your midsection with this Core-specific workout that targets your abs, obliques and lower back.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Dead Bug

Ab

alternate sides

1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.
2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.
• Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Pelvic Tilt

Ab

1 - Lie on your back with your knees bent and feet flat and your arms at your sides.
2 - Tighten your abdominals, pulling your belly button in and up towards your ribs.
• Press your back into the floor, allowing your pelvis to slightly round.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

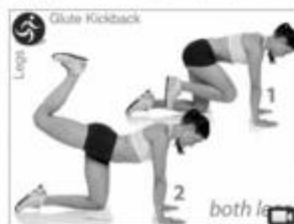


Glute Bridge

Legs

1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
• Lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Glute Kickback

Legs

1 - Begin on all fours with knees and hands on the floor.
2 - Kick one leg back and up with a 90-degree angle at the knee, pushing your foot towards the ceiling.
• Lower it back down, bringing the knee towards your chest again and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



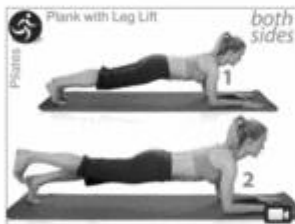
Split Squat

Legs

both legs

1 - Stand upright with your feet split front to back with your hands at your sides.
2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
3 - Push off the front foot to return to start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Plank with Leg Lift

Planks

both sides

1 - Support your body off the floor, resting on your forearms and forearms.
2 - Raise one leg straight up off the floor about 10-12 inches.
• Keep your body in a straight line with your back flat.
• Hold, then lower back to the floor and repeat, raising the other leg.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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