

# Core Strengthening Routine

This playbook outlines a series of exercises designed to build core muscles, improve posture, and increase stability. It is intended as a guide for individuals seeking to enhance their physical fitness with a focus on the core muscles.

## Step 1: **Warm-up**

Begin with a 5 to 10-minute warm-up of light aerobic exercises such as jogging in place or jumping jacks, to increase blood flow and prepare the muscles for the workout.

## Step 2: **Planks**

Hold a plank position for 30 seconds to one minute, keeping your body in a straight line from your head to your heels and engaging your core muscles.

## Step 3: **Side Planks**

Lie on your side and lift your body into a side plank, holding for 30 seconds on each side. Keep your body straight and engage the obliques.

## Step 4: **Bicycle Crunches**

Perform bicycle crunches for 1 minute, alternating your elbows and knees in a cycling motion while lying on your back to engage the abdominal muscles.

## Step 5: **Leg Raises**

Lie on your back and slowly raise and lower your straight legs for 1 minute, keeping the lower back pressed to the floor to target the lower abs.

## Step 6: **Russian Twists**

Sit on the floor with knees bent and feet flat. Lean back slightly and twist your torso to each side, doing repetitions for 1 minute to engage the entire core.

## Step 7: **Cool Down**

End the routine with a 5-minute cool down, stretching the abdominal muscles, hip flexors, and lower back to promote flexibility and reduce soreness.

# **General Notes**

## **Consistency**

For best results, perform this core strengthening routine consistently 2-3 times per week.

## **Hydration**

Drink plenty of water before, during, and after the workout to stay hydrated.

## **Progression**

Gradually increase the duration or intensity of each exercise as your strength improves over time.

