

# CORE WORKOUT

## WITH MARK CUNDLE

### ABOUT

Carry out the following exercises in order. You simply go through the programme, doing each of the exercises for one minute or as long as you can if one minute is too long for you. You will repeat the programme 3-5 times for maximum effect, and rest for two minutes once all ten exercises have been completed, but no rest between each exercise. Your work rate should be around 7-8 out of 10, so it is quite difficult, and it will get progressively more difficult the more you repeat the workout. One round will take around 10 mins - repeat this 3-5 times and the workout will take around 30 mins to an hour to complete. It is recommended you do this 3 times a week to allow the body to recuperate between days.

### DISCLAIMER

Not all exercise programs are suitable for everyone, if unsure please consult your physician before beginning this program. Any action in response to the instructions provided in this program is at the users discretion. Never exercise beyond the level at which you feel comfortable. The user assumes all risk of injury in the use of this program and the equipment used to perform its workouts.

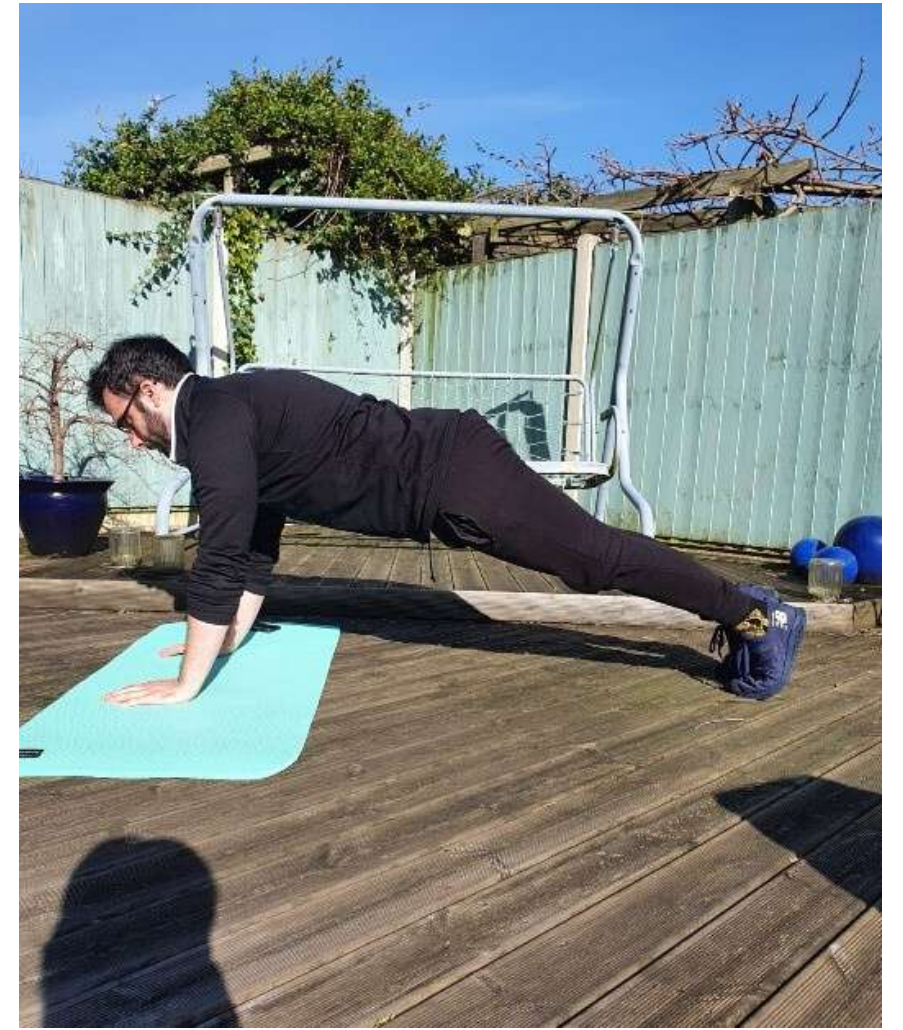
### 1) PLANK

Place your feet together as if you are going to assume the push-up position, then place your elbows on the floor directly underneath your shoulders and support your bodyweight in this position. Hands should be separated and placed flat for the best support. Engage your abdominals to ensure your body is quite literally like a plank of wood – solid.



## 2) PLANK UP AND DOWN

From the plank specified above, this exercise is the constant movement between two positions. The 'up' position is achieved via keeping one elbow and hand under the shoulder whilst other arm to move and place the hand where the elbow was, or thereabouts. The other arm follows suit by which you then extend your arms to be in the push-up position. Then reverse the process to go back down into the plank position.



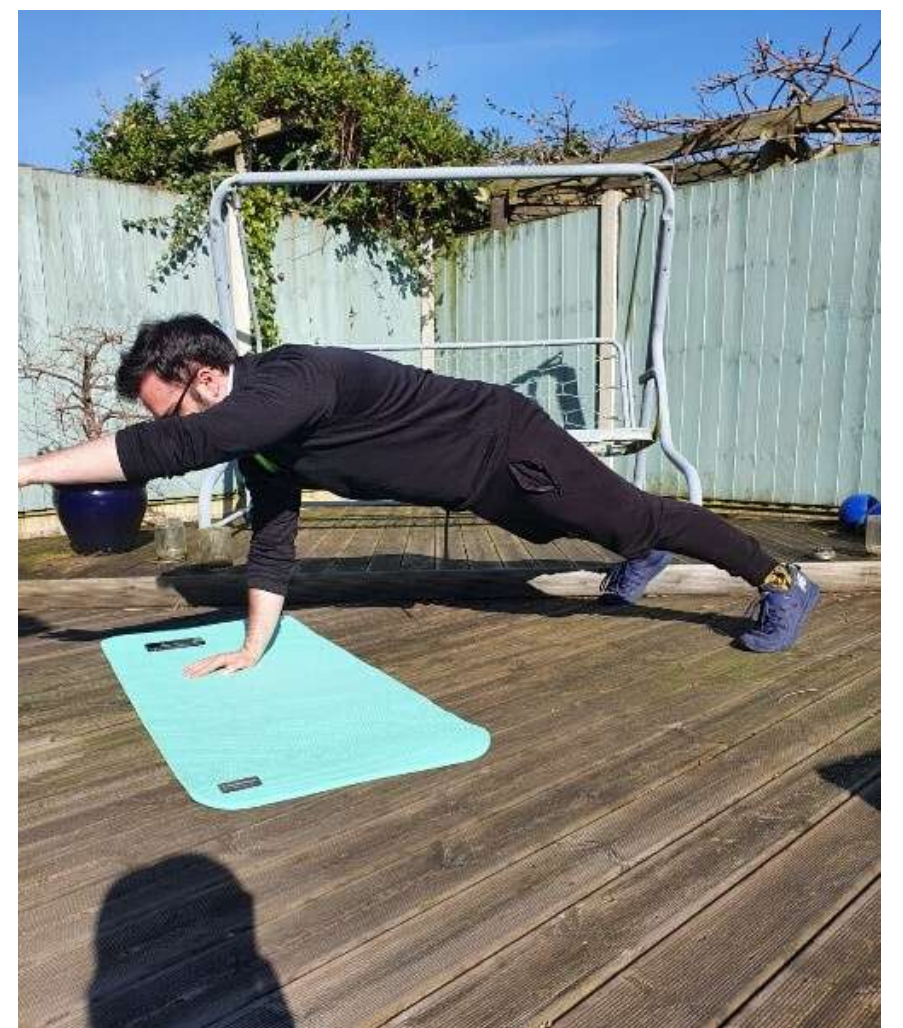
## 3) PUSH-UP PLANK

Like the 'up' phase of the previous exercise, simply hold the push-up position. Feet together and legs locked out, hands under the shoulders and slightly bent elbows, a straight back and engaged abdominals to make sure the exercise is static and solid.



## 4) PUSH-UP PLANK WITH RAISING ARM

From the previous push-up position, you have to maintain that abdominal tightness and tension whilst you raise one straight arm directly vertically and out in front of you. Raise it slowly and then return back to its original position, then alternate with the other arm. Maintain that core solidness if you can.



## 5) WIDE PUSH-UP PLANK

Assume the previous push-up plank position, and then proceed to move your hands a foot outwards whilst keeping in line with your shoulders. The wider plank increases the difficulty and puts more stress on your chest and shoulder muscles. Hold this solid.



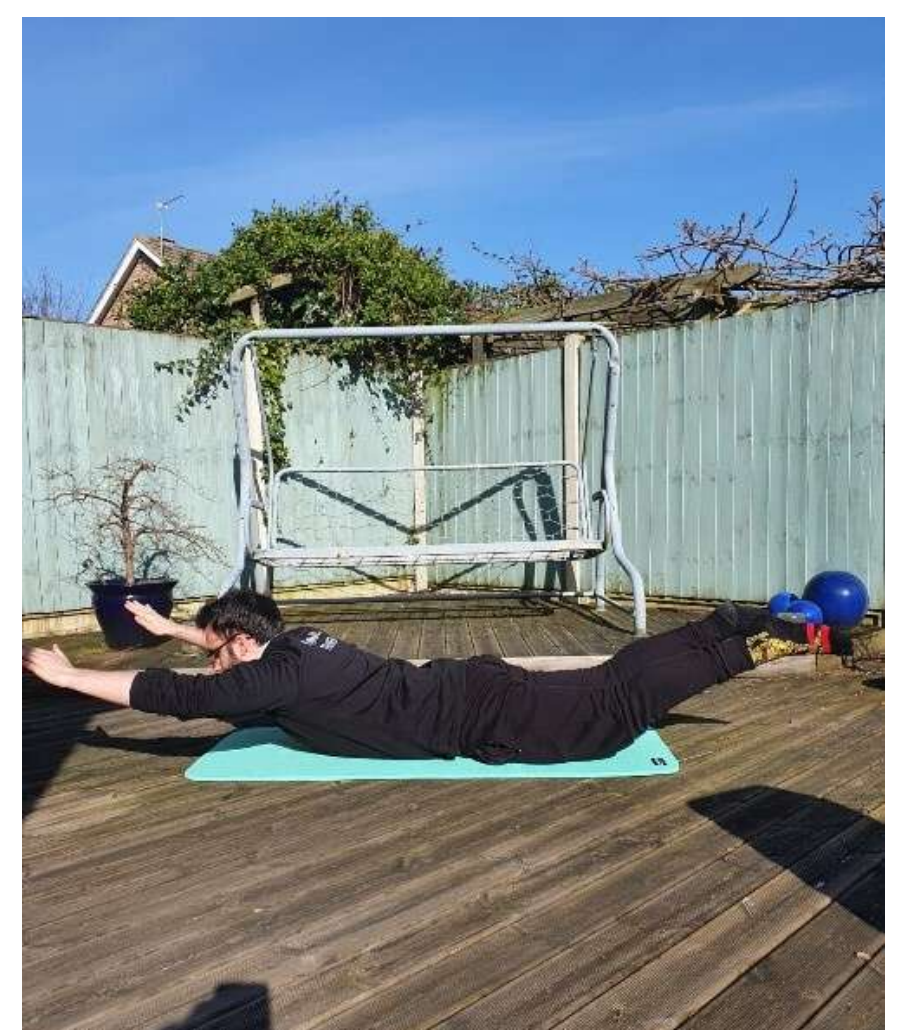
## 6) LONG PUSH-UP PLANK

Arguably one of the hardest planks to do. Once again assume the push-up plank position but this time, move both hands a foot forward and hold it. This increases stress on your entire abdominal area, and is very hard to maintain a solid plank as your body starts to fatigue, do your best!



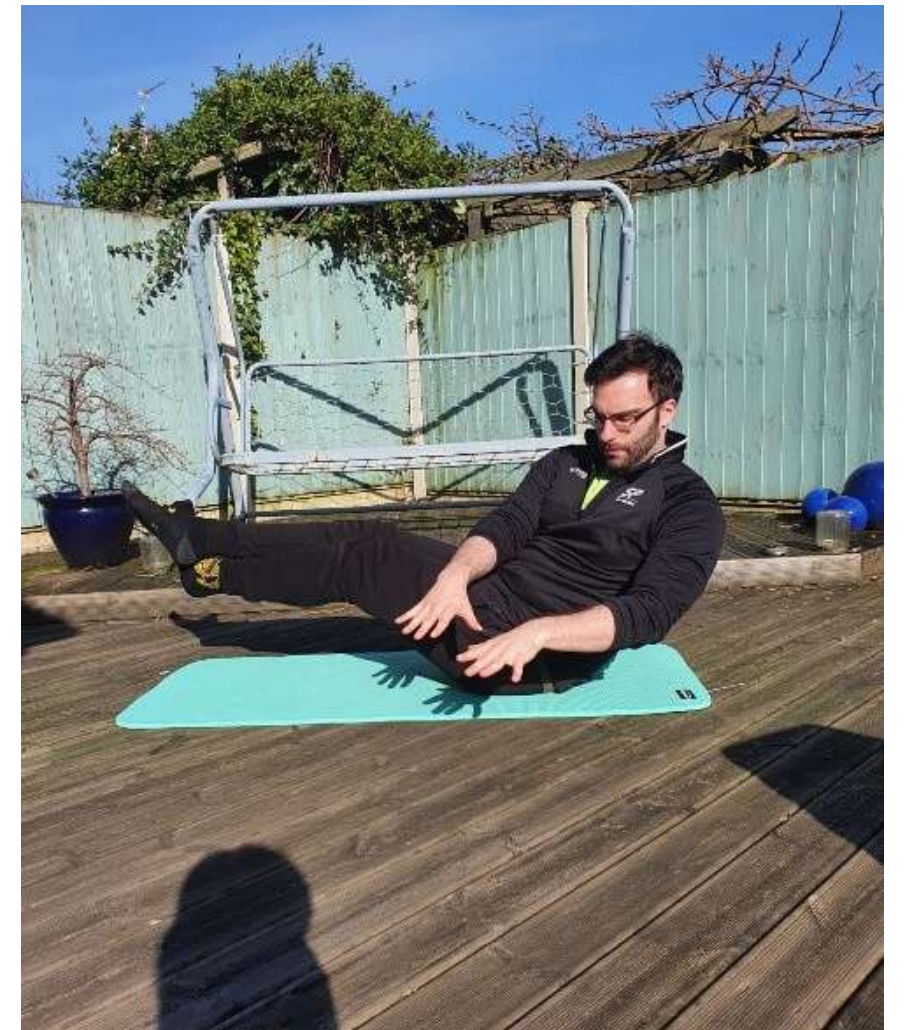
## 7) BACK EXTENSIONS/ SUPERMANS

Staying on the floor and on your front, lie down. Have your arms outstretched above your head and legs outstretched also. Using your spine, move your arms and legs upwards, contracting most of the muscles in your back and pelvis area, and then back down again – keep going like this. We make sure to train the lower back during core workouts to maintain balance of the pelvis.



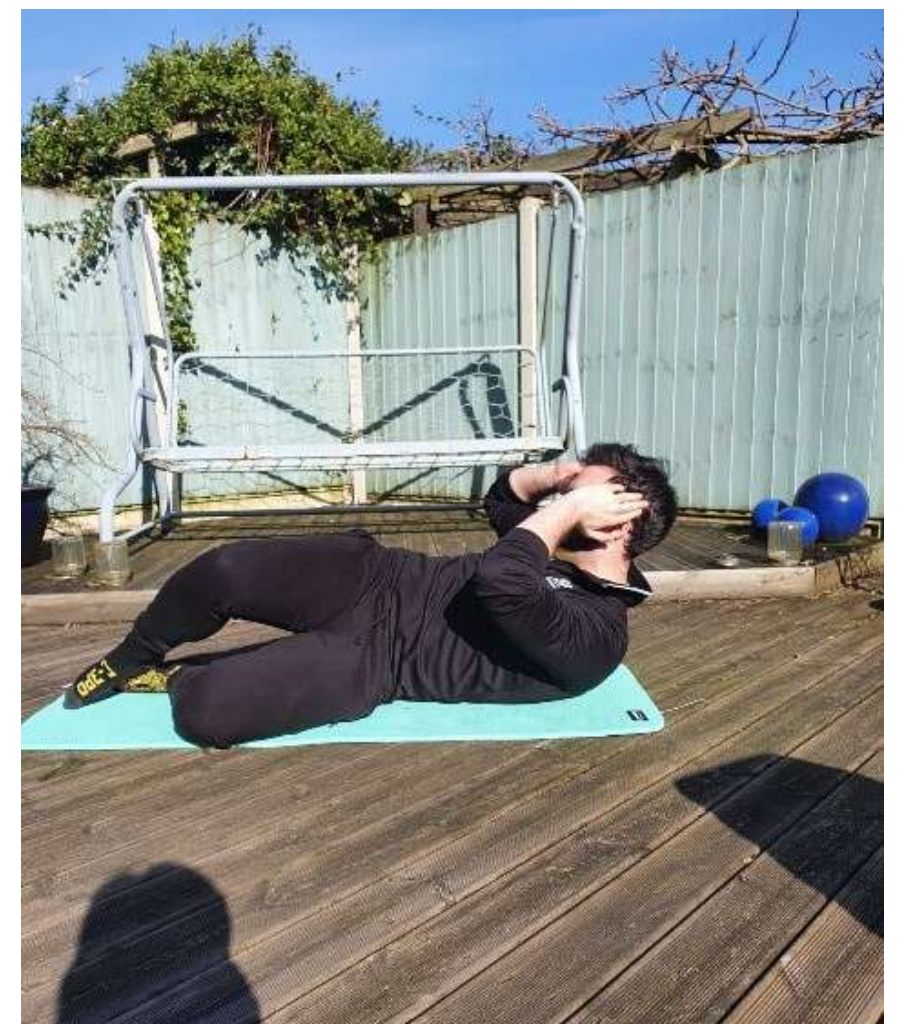
## 8) RUSSIAN TWISTS

An unusual exercise but good for oblique development! Sit upright, legs out and bent, with feet together. You can either raise your legs or keep them grounded for this exercise. Lean back slightly until you feel your abdominals working and proceed to twist 90 degrees to your left and then your right. The idea is to twist using the muscles that run and insert down the sides of your abdominals. Take your time, and try to stay balanced if your legs are raised.



## 7) SIDE SIT-UPS

Lie on your back and bend your legs so your feet are on the floor just below your glutes. This is the sit-up position – now allow your legs to lean all the way to one side but keep your back and upper body where it is. The exercise is to try and sit up in this position, once again using your obliques. Do a minute per side for this exercise.



## 8) SIT-UPS

The most common exercise is left until last. These become quite difficult after the previous 7 exercises! Assume the sit-up position mentioned above, and then for each repetition, sit up and move towards your knees. A common mistake with this is to lean over, don't do this. Keep your back straight all the way up and once you reach your knees, look up. This opens up the ribcage and expands the abdominals, increasing efficient development and difficulty.

