

Bonus Core Exercises Inside: Discover the Ultimate Workout Routine

CORE Complete WORKOUT

SET 1	SET 2	SET 3	SET 4
CRUNCH 	REVERSE CRUNCH 	V CRUNCH 	SIT UP
SUPERMAN 	OBLIQUE CRUNCH 	SIDE PLANK 	BICYCLE KICKS
HEEL TOUCHES 	FLUTTER KICKS 	BRIDGE 	BRIDGE AND REACH
TOE TOUCH 	BIRD DOG 	PLANK 	HIP LIFT CRUNCH
SIDE V CRUNCH 	MOUNTAIN CLIMBER 	BIRD DOG KNEE TOUCH 	RAISED LEG CRUNCH
BEGINNER 10-15 REPS X 2 SETS	INTERMEDIATE 10-15 REPS X 3 SETS	ADVANCED 10-15 REPS X 4 SETS	RESTS BETWEEN SETS: 1 MIN MAX
© PRODUCTIVE FITNESS PRODUCTS INC. 2016 Printed in Canada WE STRONGLY RECOMMEND YOU CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE ROUTINE.			www.FIGHTTHROUGH.com

Are you tired of ordinary workouts that fail to target your core effectively? Look no further! In this comprehensive guide, we will delve deep into the realm of the ultimate core workout routine. Brace yourself for intense training, superior results,

and a well-deserved bonus – core exercises that will take your fitness game to a whole new level!

**GET
CORE
STRONG!**

WHY DO CORE STRENGTHENING EXERCISES?

- 1 STRONG CORE = STRONG SPINE
- 2 IMPROVE STABILITY
- 3 IMPROVE RANGE OF MOTION IN NECK AND BACK
- 4 HONE FINE MOTOR SKILLS
- 5 LOOK TALLER AND SLIMMER
- 6 BOOST MENTAL FUNCTION

- Strong core straightens spine
- Brain receives nerve signals more easily

**WANT A STRONGER CORE?
TRY THESE MOVES**

How to Live Pain Free Without Hesitation or Worry in Under 3 Weeks: The Secret to Eliminating Low Back Pain Forever : 5 Bonus Core Exercises

Inside by Ask Dr. Heather (Kindle Edition)

★★★★☆ 4.4 out of 5



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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 33 pages
Lending	: Enabled



The Importance of Core Exercises

Before we reveal the exclusive bonus core exercises, let's understand why focusing on your core is crucial for overall fitness. The term "core" refers to the muscles in your abdominal area, lower back, pelvis, and hips. Strengthening your core improves stability, balance, and coordination while providing a solid foundation for all your other physical activities.

Core exercises not only help you achieve that coveted six-pack abs but also enhance your posture and prevent lower back pain. They enable smoother body movements, whether it's lifting weights, running, or even performing everyday tasks.

9 LOW-IMPACT EXERCISES FOR A ROCK SOLID CORE

@SCULPTEDMUSCLE



Ab Roller



Hip Raises



Planks



Side Crunch



Bird Dog



Oblique Twists



Flutter Kicks



Cobra



Reverse Crunches

Bonus Core Exercises: The Game-Changers

Now, it's time to unlock the bonus core exercises that will revolutionize your workout routine. These exercises have been carefully selected by fitness experts to provide maximum results in minimal time. Incorporate these into your existing routine or create a new one focusing solely on core training.

1. Plank Variations



The classic plank exercise effectively targets your entire core. However, you can take it up a notch by trying various plank variations such as side planks, reverse planks, and forearm planks. These variations engage your core muscles differently, ensuring a well-rounded workout.

2. Russian Twists



Get ready to challenge your oblique muscles with Russian twists. Sit with your feet lifted off the ground, knees slightly bent, and twist your torso from side to side. This exercise not only strengthens your core but also improves torso flexibility and increases rotational stability.

3. Bicycle Crunches



Bicycle crunches are a great way to engage multiple core muscles simultaneously. Lie on your back, lift your legs off the ground, and bring your opposite elbow to meet the opposite knee. This exercise targets your abs, obliques, and hip flexors, providing a challenging and effective workout for your core.

These are just a few examples of the bonus core exercises waiting for you to unlock their potential. Remember to always perform exercises with proper form to prevent injuries and maximize your gains.



The Journey to a Stronger Core

Embarking on a journey to a stronger core is an investment in your overall well-being. Start by incorporating these bonus core exercises into your workout routine, gradually increasing the intensity and duration. Combine them with other full-body workouts to ensure balanced muscle development.

As your core gets stronger, you will notice improved athletic performance, enhanced posture, and reduced risk of injuries. Remember to maintain consistency and celebrate each milestone along the way.



Take the Challenge and Transform Your Core Today!

Now that you have discovered the secret to an ultimate core workout routine, it's time to take action and achieve the fitness goals you've always dreamed of. Incorporate the bonus core exercises into your daily routine, stay committed, and watch as your core becomes stronger and more defined with each passing day.

Remember, a stronger core means a stronger you!

Are you ready to embark on this transformative fitness journey? Start today and feel the power of a rock-solid core!

Keywords: bonus core exercises, ultimate workout routine, core training, core muscles, full-body workout routine, benefits of core exercises, effective core workouts, plank variations, Russian twists, bicycle crunches, core workout, stronger core



How to Live Pain Free Without Hesitation or Worry in Under 3 Weeks: The Secret to Eliminating Low Back Pain Forever : 5 Bonus Core Exercises

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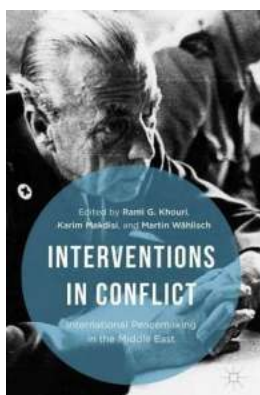
Most people suffer from some form of low back pain or discomfort. It is the number one complaint of people of all ages, regardless of their fitness condition. Athletes as well as non-exercisers are susceptible to low back pain. Those who feel excruciating and debilitating low back pain after an injury or after a slight movement or twist wonder if they will ever live pain free. The question becomes: "What can be done to alleviate the pain so people can enjoy the functional and recreational activities they experienced in the past?"

Dr. Heather has gone ahead and solved this problem for thousands of her patients by teaching them how to engage their core through a specific series of exercises. Now you may have tried various core exercises before but there's a trick to it. Dr. Heather teaches you by walking you through the entire process so you can fully understand what it means to have core stabilization.

The book begins with the fundamentals, the anatomy/physiology and then from there you will get a comprehensive understanding of muscle firing

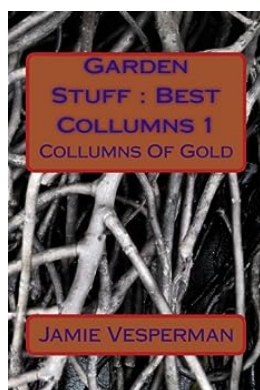
patterns/muscle imbalances. By understanding your muscle imbalances you will then be able to understand how to activate your core in a way to decrease low back pain. Once the correct muscle firing patterns are activated then you are on your way to building a strong core. A strong foundational block.

There are five basic core exercises within the book which have proven to eliminate low back pain when done correctly. These five exercises will give you the pain relief you have been looking for. No equipment required for these exercises. They can be done in the comfort of your own home. And Dr. Heather explains how to progress each exercise so you can advance them when you are ready.



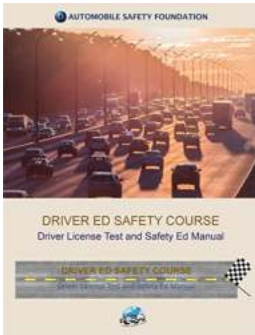
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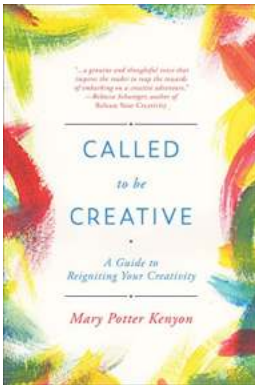
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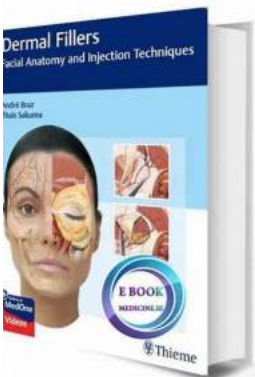
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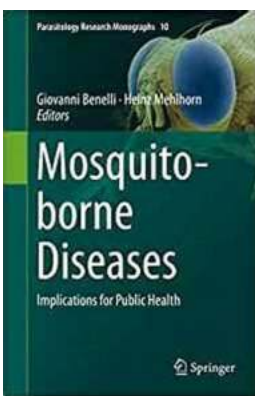
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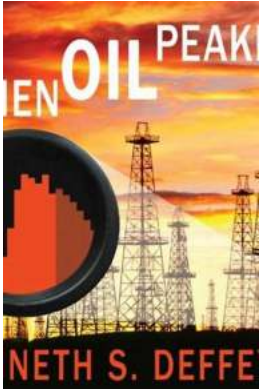
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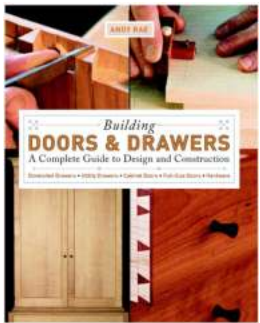
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