

# Beginner Core

## FRONT PLANK



## LATERAL PLANK



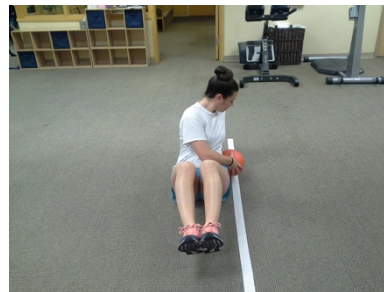
## LEG LOWERING



## PARTIAL SIT-UP



## RUSSIAN TWIST



## SETS X REPS

**FRONT PLANK:** 3x30 sec ea

**LATERAL PLANK:** 3x30 sec ea

**LEG LOWERING:** 2x8 each

**PARTIAL SIT-UP:** 2x15

**RUSSIAN TWIST:** 2x15

### Medical Disclaimer

This information is intended for your general knowledge only and not to diagnose or treat any specific medical condition. You should consult your healthcare professional before starting an exercise program or to help design an exercise program appropriate for you. Please do not disregard any medical advice and/or delay seeking any medical treatment because of something you read or access through this website. You should stop any exercise and promptly consult your healthcare professional if you experience symptoms such as weakness, unsteadiness, dizziness, chest pain or pressure, nausea, or shortness of breath, or if mild soreness that can occur after beginning an exercise program, fails to improve after 2 or 3 days.