

Core Crusher - Intense Ab Workout

🔥 Core Crusher Advanced Workout

Intense abdominal workout designed to build strength, definition, and functional core stability.

✳️ Workout Circuit (12 minutes)

Dynamic Warm-up (2 minutes)

- Standing marches: 30 seconds
- Arm circles: 30 seconds
- Torso twists: 30 seconds
- Knee to elbow touches: 30 seconds

Core Circuit (8 minutes - 2 rounds)

Round 1 & 2 (4 minutes each):

Plank: 45 seconds

Hold strong plank position, engage entire core

Bicycle Crunches: 45 seconds

Alternate elbow to opposite knee, controlled movement

Russian Twists: 45 seconds

Seated, lean back, rotate torso side to side

Mountain Climbers: 45 seconds

Plank position, alternate knee drives to chest

Active Recovery: 1 minute

Light walking, deep breathing

Finisher (1 minute)

- Dead Bug: 30 seconds
- Bird Dog: 30 seconds

Cool Down Stretch (1 minute)

- Child's pose: 30 seconds
- Cobra stretch: 30 seconds

⚡ Advanced Progressions

Beginner: Reduce time to 30 seconds per exercise

Intermediate: Follow standard timing (45 seconds)

Advanced: Add weights to Russian twists, extend plank time

Expert: Perform 3 rounds instead of 2

🎯 Form Focus Points

- **Plank:** Straight line from head to heels, no sagging
- **Bicycle Crunches:** Don't pull on neck, focus on rotation
- **Russian Twists:** Keep chest up, controlled movement
- **Mountain Climbers:** Keep hips level, quick but controlled

📊 Workout Stats

Duration: 12 minutes

Calories: 120-180

Difficulty: Advanced

Equipment: None

🎯 Target Muscles

- Rectus Abdominis (Six-pack)
- Obliques (Side abs)
- Transverse Abdominis (Deep core)
- Hip Flexors
- Lower Back Stabilizers

⚠️ Safety Reminders

- Keep neck in neutral position
- Breathe throughout exercises
- Quality over speed
- Stop if exp