Quick Fix Core Workout

Short on time? This Quick Fix Core Workout is your answer. It’ll take about 10-15 minutes to do these dynamic core exercises and you don’t even have to get on the floor. With a mix of cardio and strength, you’ll do more in less time. No more excuses.

How to:
Grab a med ball (I’m using 4-6 lbs) and a dumbbell (I’m using a 12 lb weight)
Make sure you warm up for at least 5 minutes with some type of cardio
Do each exercise one after the other with no rest in between
Repeat the entire circuit for a longer workout and end with a cool down.
Hold a dumbbell in one hand, feet hip-width apart and take the weight out to the right, arms straight. Make a big, slow circle in front of the torso, moving from right to left and then pull the arms back to center. Repeat for 12 reps on both sides.
Straight Leg Kicks

Hold a med ball straight overhead and step the left foot back. Kick the left foot up as you bring the med ball towards the toe. Repeat for 16 reps on each side.
Hold a med ball overhead and lean to the right, pivoting on the feet to rotate the body as you circle the ball to the right. Continue in the circle, bringing the ball forward and then turn to the left, again pivoting on the feet, as you circle the weight all the way around. Repeat for 10 reps on one side and then switch to the other side.
Static Lunge with Med Ball Rotation

Get into a lunge position, one leg forward, the other leg back in a staggered stance (back leg can be straight if this bothers your knees) and hold a medicine ball with the arms completely straight. Squeeze the med ball and hold that tension as you rotate the arms to the right and then the left. Finish 8 reps and then switch legs.
**Side Knee Lift**

Take right arm up and shift the weight onto the left leg. Bring the right knee up as you take the right elbow down towards the knee. Lower and repeat. The move should be very slow and controlled as you squeeze the obliques. Do 16 reps on each side.
Windmills

With feet wide and arms out, rotate the torso, bringing the left hand towards the right shoe (or as low as you can go). Stand up and repeat to the other side for 16 reps. If this hurts your back, skip it!
Crossover Knee Lifts

With hands behind the head, elbows out shift the weight to the left leg as you bring the right knee up, bringing it across your body while bringing the opposite elbow to the knee. Hold briefly and lower, moving very slow and with control. Repeat for 16 reps on each side.
Ice Breakers

Stand with feet wide and swing the right arm up as you come up on your toes. Hammer the arm down (like you’re breaking ice!) as you lower into a squat. Repeat on the other side, moving fast and with a big range of motion to get your heart rate up. Add a jump for more intensity. Repeat for 16 reps.
Begin by kicking the right leg up, bringing the opposite hand towards foot, knee slightly bent. Lower and now kick with the other foot, moving as quickly as you can for 30 seconds.
Med Ball Wood Chops

Take the feet wide, knees slightly bend and hold a med ball with arms very straight. Swing the ball down to the outside of the right hip and then swing it up diagonally to the left, really rotating from the torso. Repeat for 12 reps and then switch sides.