

20 Minute Core Toning

Description: This core workout will strengthen and tone your abs, obliques, and lower back for a full CORE experience sure to improve posture and optimize performance.

Club Area: Abs & Stretching Area

Equipment Needed: Mat

Judgement Free Tip: Stretching is one of the most critical components of a great workout and proper rest & recovery regiment. Be sure to get a great dynamic stretch in before your workout and an equally beneficial static stretch for your cool down.



Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!

Warm-up/30 sec each

1. Trunk Twists
2. Side Bends
3. Toy Soldiers
4. Jumping Jacks

Main Workout

Do each exercise for 40 seconds and rest for 20 seconds. Repeat the exercise again (2x) for the same work to rest ratio a second time before moving onto the next exercise.

Standing Circuit

- Standing Toe Touches
 - + **Modification** - Shorten your range of motion by just reaching your hand towards your foot
- Standing Knee to Elbow
 - + **Modification** - Instead of extending your leg all the way out, keep it bent and tap your heel to the ground
- Standing Oblique Crunch (Right & Left)
 - + **Modification** - Try doing these from a seated position and focusing on slowing down the movement
 - Repeat 1x

Grounded Circuit

- Modified V-Sit
 - + **Modification** - Instead of raising both legs off the ground at one time, try alternating one at a time and still targeting those abs
- Russian Twists
 - + **Modification** - Perform the movement with your feet flat instead of raised
- Plank Jacks
 - + **Modification** - A good old fashioned forearm plank will do the trick and still work the core
- Mountain Climbers
 - + **Modification** - Slow your pace and shorten your ROM but keep your core engaged throughout
 - Repeat 1x

Cool-down/30 sec each

1. Knee Huggers
2. Twiste Back Stretch
3. Cobra to Child's Pose

