

Strength and Conditioning Trunk and Core Emphasis

Having a strong core is important to your overall wellbeing, and these exercises are beneficial to improving your core and trunk muscles. This 20–25 minute workout can be done with or without weights. It is recommended that beginners start these exercises without weights and then increase the intensity as needed. Use the table below and the accompanying video to help guide you through this workout. Many of these exercises are done on the ground.

See demos of each exercise by watching [this video](#).

Exercise	Time	Sets
<p>Warm Up</p> <ul style="list-style-type: none"> • Jog in Place (move arms side-to-side) • Jog in Place (move arms up-and-down) • Arm Crosses • Butt Kickers • High Knee March 	<p>30 seconds each exercise</p>	<p>1 set each exercise</p>
<p>Exercises</p> <ul style="list-style-type: none"> • Dead Bugs • Bird Dogs • Side Hip Raise (Left Side) • Side Hip Raise (Right Side) • Plank Shoulder Taps • Squats • Plank Reaches • Reverse Lunges • Leg Drops 	<p>30 seconds each exercise</p>	<p>2 sets each exercise</p>