

Core Tele-Workout

Chisel your core and so much more with these sneaky sculpting moves!!!!

Single Leg Squats

work up to 3x10 on each leg

Traditional squats are an excellent exercise for working your abs, but this single-leg variation will have them working even harder to stabilize your trunk as you lower and lift.

How to do it: Stand on your left leg, right knee bent and foot lifted off the ground, holding dumbbells by your sides. Bend your left knee and squat down, hinging forward at the hips and reaching dumbbells towards your left foot as right leg moves slightly back to help counter-balance the body. Fully extend your left leg to return to start. That's one rep.



Single Leg Bridge

work up to 3x15 on each leg

Lift your buns, tone your thighs, strengthen your back, and sculpt your abs (they have to work even harder to stabilize your torso with one leg in the air) with this bridge variation.

How to do it: Lie face up with your arms pressed against the floor by your sides, knees bent, and feet flexed (only your heels should touch the ground). Extend your right leg up to the ceiling as straight as possible, keeping your foot flexed. Tighten your abs, press down through left heel, and lift hips as high as possible. Lower hips to lightly tap the floor. That's one rep.



Side Kick

work up to 3x15 on each leg, switch side after each set

It may not look like it, but this martial arts move is one serious abs toner—your obliques and abdominal wall muscles have to work during the entire exercise to balance your body while you lift and extend your leg.

How to do it: Stand with arms bent, hands in fists by your chin. Rotate your right heel in towards your body and shift weight to your right foot. Bend your left knee, flexing foot, and lift leg up to hip height, aiming right heel to the side. Extend your left leg out to the side, as if pushing something away from your body with your heel. Bend your knee back in (try not to lower leg in between repetitions if possible). That's one rep.



If this is too tough, try lowering your leg for the kick and/or holding onto a chair or wall with your right hand to help keep your balance.

Windmill Squat Press

work up to 3x15 on each side

This total-body exercise relies heavily on your abs and back muscles to control your range of motion and perform the full press properly.

How to do it: Stand with your feet slightly wider than hip width, holding one heavy dumbbell (10 lbs or more, depending on level) overhead with your left arm, palm facing in, right arm down by your side. Lower into a squat, looking up at your left arm as your torso rotates to keep it straight up above your shoulder. Your palm should turn away from body at this point. Reach your right arm straight down to floor and try to tap the ground lightly with your fingertips. Press up through your left side and keep left arm extended as you return to start. That's one rep.



Overhead Uneven Farmer's Walk

work up to 3-4 sets of 25 steps

This move looks deceptively simple, but with the right amount of weight (grab a set of dumbbells that are challenging to raise over your head), your abs will be working overtime to help stabilize your spine with every step. Get even more abdominal recruitment using an uneven load: Grab a weight with your left hand that's about twice as heavy as the lighter weight in your right.

How to do it: Stand with your feet hip width, holding dumbbells overhead, palms facing in. Brace your abs in tight. Slowly start to walk forward, taking about 25 total steps (avoid letting the weights drift behind your head, and try not to overarch your back as you walk). Switch hands with your weights, and then walk back to starting position. That's one set.



Single Arm Crossover Curl

work up to 3x10 reps

This cross-lateral exercise sculpts your arms and fires up your abdominals in order to stabilize your body.

How to do it: Stand with feet together (or make it easier by standing with feet hip width), knees slightly bent, holding dumbbells (heavy enough to fatigue your arms in 10 repetitions). Engage your abs and keep your body as still as possible as you curl your right arm across your body towards your left shoulder, palm facing up. Lower arm and repeat with left arm. That's one rep.



Rear Fly and Arabesque Lift

work up to 3x10 reps

This double duty move targets your chest, shoulders, and, of course, your abs, as your obliques have to work hard help stabilize your torso in opposition to the weight.

How to do it: Grab one heavy dumbbell and lie faceup on the floor with both knees bent, feet lifted 90-degrees above your hips. Brace your abs in tight and extend arms above your chest, holding onto weight with both hands. Grab the weight with your right hand, and extend both arms out to sides (elbows should be only slightly bent, palms facing up), stopping just before arms touch the floor. Use your core muscles to keep your shoulders and hips pressed into the floor. Keeping arms extended, bring arms back together over chest, pass the weight to your left hand, and repeat. That's one rep.



FOR THOSE OF YOU THAT WANT AN EXTRA CHALLENGE!!

Renegade Row

work up to 3x10 reps

This is one of the most challenging ways to work your abs! Your entire core has to engage to perform weighted rows from this plank position.

How to do it: Start in a full plank position with feet hip-width apart, hands on top of dumbbells. Brace your abs in tight and row your left arm back, pulling the dumbbell to the side of your body. Gently lower arm and repeat on the right. That's one rep.

