

Upper Abs



Knee Crunches



Vertical Leg Crunch



Abs Sprinter



High Crunches



Toe Touches



Sit-Ups



Pike Plank



High Crunches

Core



Elbow Plank Raises



Plank Reach Toe Touches



Elbow Plank



High Plank



Plank Jacks



Swimmers



Upward Plank



Side Plank



Abs V Sit-Ups



Plank Ups



Bird dog Plank



Obliques



Plank Rotations



Abs Bicycles



Side Plank Hip Dip



Side Plank Leg Raises



Side Plank Leg Lift



Side Plank Rotations

Lower Abs



Flutter Kicks



Dead Bug



Side Plank Scissors



Abs Leg Extension



Knee Tucks



Mountain Climbers



Lying Leg Raises



Reverse Crunches



Leg Raise Hold



Leg Raise Circles

Total Core Home Workout System User Guide

**R. N. V. Jagan Mohan, B. H. V. S. Rama
Krishnam Raju, V. Chandra Sekhar, T. V.
K. P. Prasad**

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The Complete Core MCSE Training Course Tom Dell, Daniel J. Goldberg, 1999 A complete training course that uses the Core MSCE as its source This product will include core concepts from the text audio annotated objectives summary assessment self review 2 practice exams video demonstration of administration tasks reference tools syntax glossary tables etc

Core Strength Paul Collins, 2008 Intended for men and women this volume presents readers with practical exercises to strengthen and tone your tummy improve your posture and increase vitality as well It provides more than 100 exercises using the body's own weight for strengthening toning and reshaping various major muscles group

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The No-Equipment Home Workout Hero: Effective Bodyweight Exercises That Require No Gym Membership

Brian Smith, The No Equipment Home Workout Hero is a comprehensive guide to achieving fitness goals without the need for a gym membership or expensive equipment This book provides a variety of bodyweight exercises that can be done in the comfort of your own home offering the convenience and flexibility to fit workouts into any schedule

Key Topics Covered

- 1 Introduction to No Equipment Home Workouts Benefits of Home Workouts Setting Up Your Home Workout Space Safety Tips for Home Workouts
- 2 Warm Up Exercises Dynamic Stretching Cardio Warm Up Routines
- 3 Upper Body Exercises Push Up Variations Tricep Dips Plank Variations
- 4 Lower Body Exercises Squats Variations Lunges Variations Glute Bridges
- 5 Core Strengthening Exercises Crunches and Sit Ups Russian Twists Mountain Climbers
- 6 Full Body Circuit Workouts Tabata Intervals EMOM Every Minute on the Minute Circuits AMRAP As Many Rounds As Possible Workouts
- 7 Flexibility and Mobility Training Static Stretching Routine Foam Rolling Techniques Yoga Poses for Mobility
- 8 HIIT High Intensity Interval Training Workouts Best HIIT Exercises Designing Your HIIT Workouts Benefits of HIIT Training
- 9 Progression and Regression Principles Modifying Exercises for Beginners Challenging Variations for Advanced Athletes Staying Consistent with Progression
- 10 Recovery and Regeneration Techniques Importance of Rest Days Post Workout Recovery Strategies Incorporating Self Massage
- 11 Nutrition Tips for Home Workouts Pre Workout Snack Ideas Hydration for Home Workouts Post Workout Nutrition Essentials
- 12 Motivation and Goal Setting Setting Realistic Fitness Goals Motivational Strategies for Home Workouts Tracking Progress and Celebrating Achievements
- 13 Incorporating Resistance Bands and Household Items Utilizing Resistance Bands in Workouts Home Objects as Workout Equipment Creative Ways to Add Resistance at Home
- 14 Building a Home Workout Routine Creating a Weekly Workout Schedule Balancing Cardio Strength and Flexibility Adapting Workouts to Fit Your Lifestyle
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