

A woman with freckles is lying on her back on a dark mat, performing a core exercise. Her arms are raised and bent, with her hands behind her head. Her legs are also raised and bent. Her abdominal muscles are visible and appear to be in motion. The background is a plain, light-colored wall.

**JERSEY STRONG<sup>®</sup>**

CORE WORKOUT  
TO BLAST BELLY FAT



# CORE WORKOUT TO BLAST BELLY FAT

This exercise program is designed to tone, tighten and burn fat – while intensely targeting your core muscles.

This workout is comprised of 5 highly effective exercises specifically chosen to target the main muscle groups of your core which include, rectus abdominus, transverse abdominus, obliques and back extensors – plus one killer bonus exercise that works everything!

For maximum strength conditioning and results, these 5 exercises also emphasize the 3 planes of motion: flexion, extension and rotation. To increase your fat burn, the workout is designed to be performed in a circuit format, one exercise right after another with a work-to-rest ratio of 30-50 seconds of work to 10-30 seconds of rest – all depending on your personal fitness level. Complete the circuit 3-5 times with 1-2 minutes of rest between each circuit – again, depending on your personal fitness level.

You can perform this workout 2-3 times a week for 4-6 weeks. Each time you perform the workout you should be thoughtful of proper form, and you should be trying to slightly increase your intensity (but not at the sacrifice of proper form). Remember, results come from your body being challenged to adapt to progressive increases in workout intensity. After about 4-6 weeks workout results typically plateau, so it's important to change-up your workout plan regularly to keep your muscles challenged and your results coming.

DISCLAIMER: Information contained in this guidebook is provided for informational purposes and is not meant to substitute advice provided by your own physician or other medical professional. Always seek guidance from your own physician or other medical professional before engaging in any physical activity program. Information contained in this guidebook is not intended to diagnose, treat, cure or prevent disease.

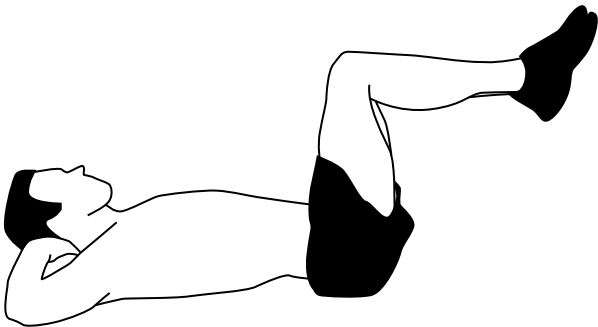
# RECTUS ABDOMINUS

## ALSO KNOWN AS: YOUR SIX PACK

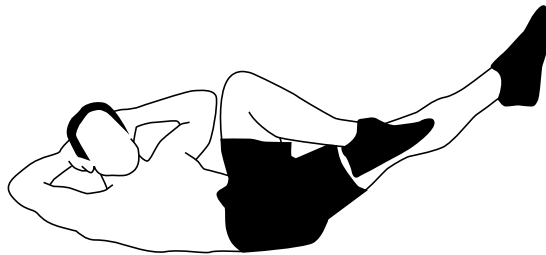
### Bicycle Crunch

Lie on your back with your hands behind your head, and your legs raised and bent at 90 degrees. Alternate sides by bringing your right elbow towards your left knee, then your left elbow towards your right knee, building up to 60 seconds. Try and hold the crunch for a two-count on each side to force a slower, concentrated movement.

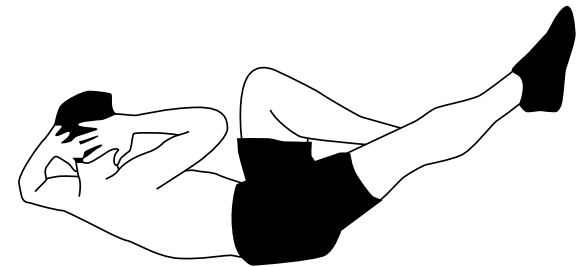
**A.**



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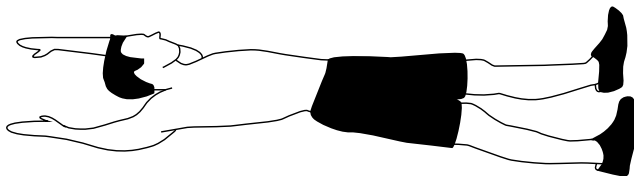
# INTERNAL AND EXTERNAL OBLIQUES

## ALSO KNOWN AS: YOUR LOVEHANDLES

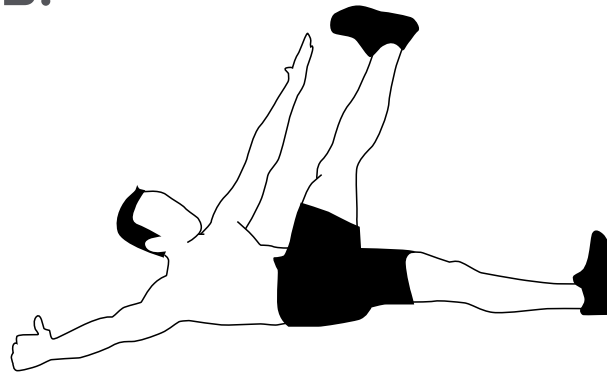
### Cross Crunch

Lie on your back with your arms and legs diagonally out so that your body forms an “X.” Keeping your arms and legs straight, bring your right hand towards your left foot, lifting your head, neck and shoulders off the ground. Return to starting position, then bring your left hand towards your right foot, lifting your head, neck, and shoulders off the ground. Repeat.

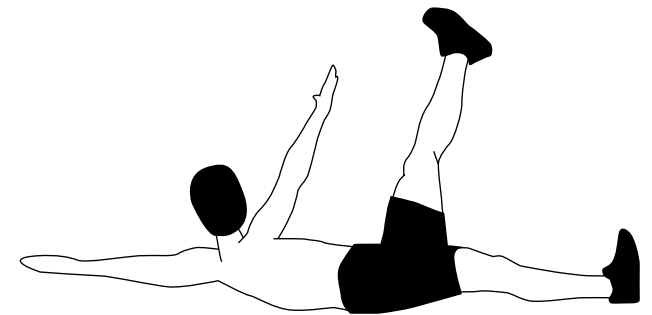
A.



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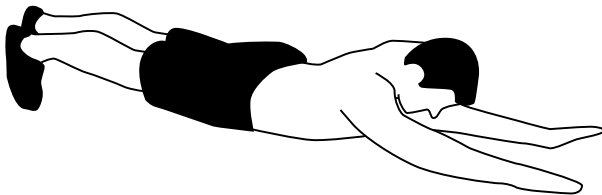
# BACK EXTENSORS

## ALSO KNOWN AS: YOUR LOW BACK

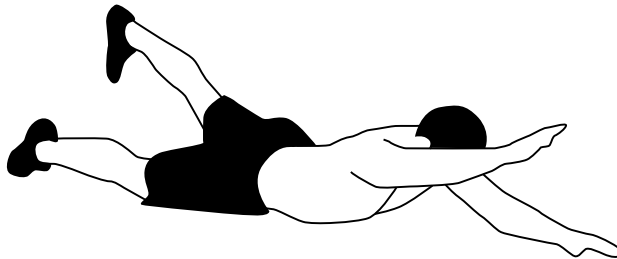
### Alternating Superman

Lie on your stomach with your arms extended forward, shoulder width apart – and your legs flat on the floor extended straight back. Raise your left arm and right leg off the floor. Hold at the top for a second with both limbs straight and then lower back down. Alternate now to raise your right arm and left leg off the floor, again holding at the top for a second. Repeat. Keep your head looking down and your chin back. Think of stretching your legs and arms long and avoid rotating your torso. Keep your belly button pulled in, back towards your spine.

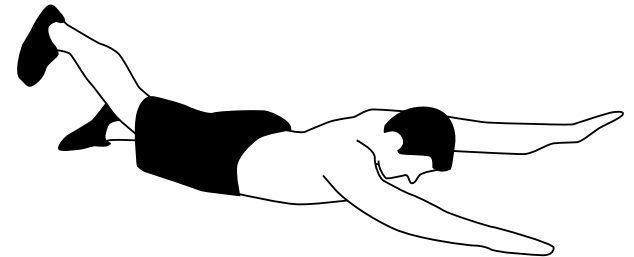
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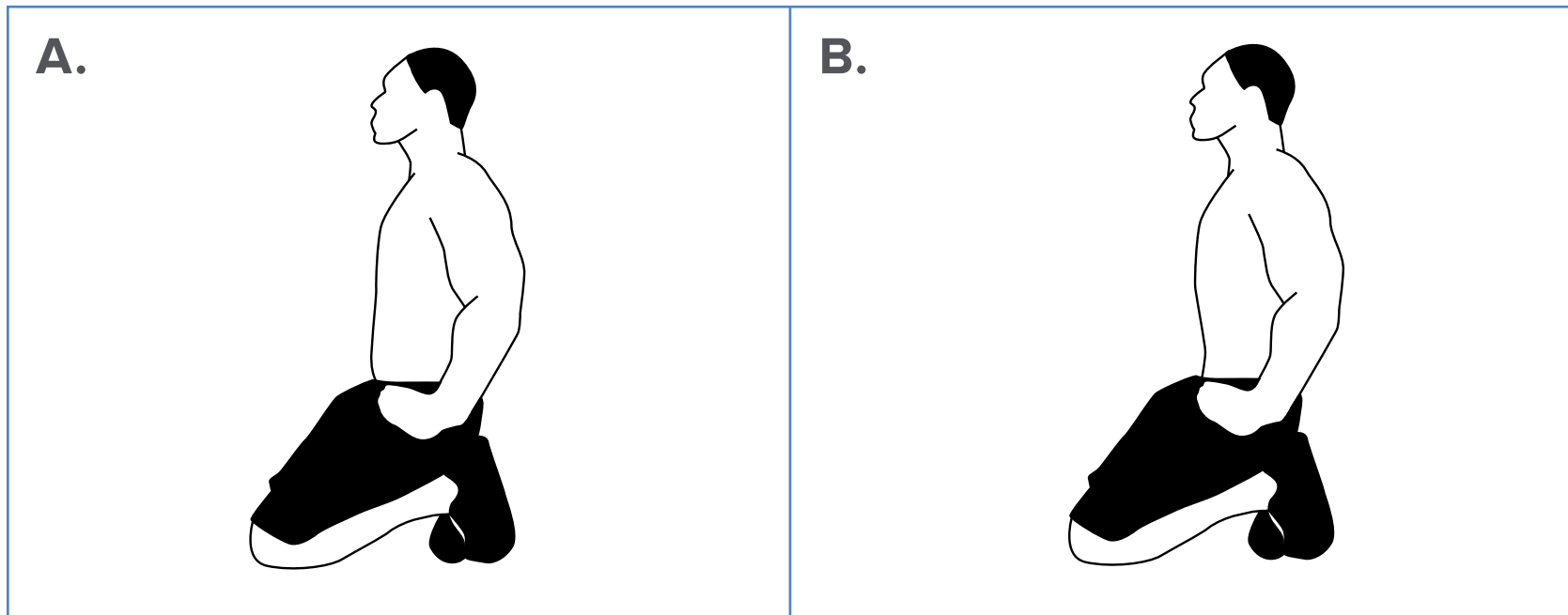


# TRANSVERSE ABDOMINUS

## ALSO KNOWN AS: THAT UNKNOWN MUSCLE THAT PULLS YOUR BELLY IN

### Stomach Vacuum

This is one of the simplest yet most effective transverse abdominal exercises. This exercise can be performed either seated or standing. When performing it seated, you'll actually kneel on your knees. This exercise is very similar to taking a deep breath and then exhaling, but with a focus on using the core muscles throughout. As you exhale all the air from your body, suck your abdomen up and in as far as you can. Then, hold for ten seconds. Finally, breathe in, relax and repeat. Try not to tense up or shrug your shoulders when holding the vacuum.

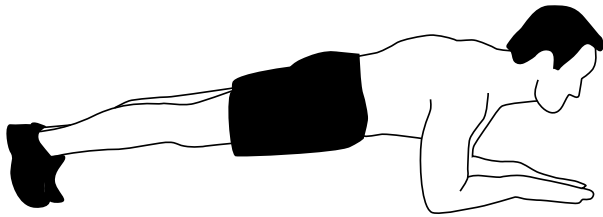


## SPIDERMAN PLANK CRUNCH

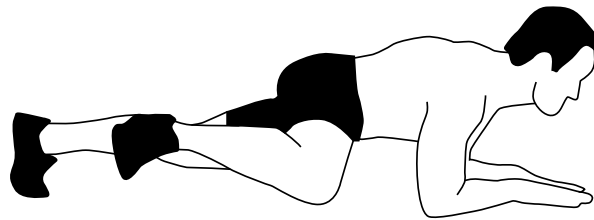
### Spiderman Plank Crunch

Start in a plank position with your forearms on the ground, your body straight and both feet on the floor. Bring your right knee forward towards your right elbow in a slow controlled movement, pause for a moment, then return to the standard plank position. Repeat by bringing your left knee toward your left elbow. Alternate each side until you reach your repetition goal. It is important that you keep your belly button in and midsection tight. Avoid holding your breath and try to breathe normally.

**A.**



**B.**



**C.**

