

ELEVATED DEAD STOP PLANK ROW



A



B

This is my go-to stealth core exercise – and it’ll also build critical back strength too. Start in an elbow plank, with your elbow on a bench or chair, and a dumbbell on the ground held in your right hand. Row the dumbbell to your right hip, then lower. ground.

The key: Keep your hips and shoulders completely square to the ground. This’ll require you to never stop squeezing your abs and glutes.

Do 3 sets of 10-12 per side.

PAUSED GOBLET SQUAT



A



B

The goblet squat is one of the most underrated leg exercises out there, and as you start to do the movement with heavier loads, your abs can’t help but feel it. Start standing, with a dumbbell held at your chest, then lower into a squat.

Pause for one count, deepening the core challenge, then stand back up.

Aim for 3 sets of 8-10 per side. And don’t be afraid to go heavy here. Your abs (and legs) can take the challenge.

SINGLE-ARM Z PRESS



A



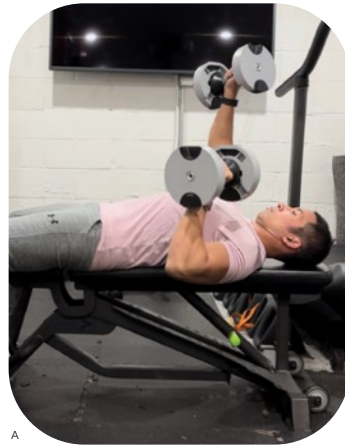
B

This shoulder movement challenges your abs in a unique way: because you’re sitting on the ground, your core handles all stabilization duties, preventing your torso from swaying from side to side and keeping your back from arching.

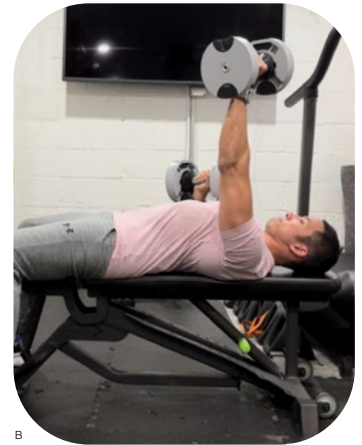
Keep your legs straight as you press overhead on every rep.

Aim to do 3 sets of 8-10 per side.

ALTERNATING DUMBBELL PRESS



A



B

The bench press has always been one of my favorite exercise, but we can ratchet up the core tension by doing alternating reps. When you lower each dumbbell, expect the weight to slightly “tip” your torso down to that side.

You’ll need to tighten your abs to resist that rotation.

Chase 10-12 reps per set, and do 3 sets.