

MORE CORE FOR A SEXY STOMACH

PART 4 of 6 IN A SERIES

IN THE PREVIOUS three articles in this series on training the core we looked at the importance of core strength and stability in daily activities and explored how to activate the core in integrated movements. This workout focuses on organising your core workout optimally and dynamically.

To achieve the most functional core training, aim for each exercise you perform to adhere to this one simple rule: choose multi-planar movements that work across all three planes of motion: sagittal, frontal and transversal. By choosing enhanced movements that use the entire body, you challenge yourself mentally while also physically challenging both the deep and superficial core muscles.



Photography
www.juliehowardphotography.com.au

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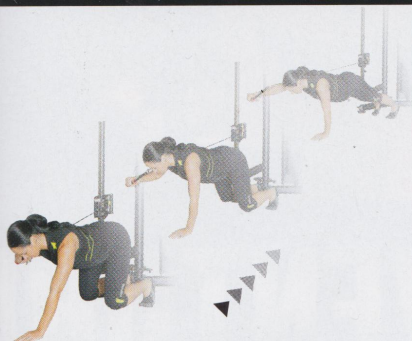
The iPad version of this article contains more exercises, including instructional videos. Download it for FREE from www.fitnessfirst.com.au/magazine

EXERCISE NAME	REPS	SETS	DURATION / TEMPO
1. Cable squat to overhead press and twist	10-12	3-4	4:0:1:0
2. Cable lunge row	10-12	3-4	2:0:1:0
3. TRX supine plank on hands	N/A	3-4	Beginners: hold for 20 seconds Intermediate: hold for 40 seconds Advanced: Hold for 60 seconds
4. TRX single-leg superman	N/A	3-4	Beginners: hold for 20 seconds Intermediate: hold for 40 seconds Advanced: hold for 60 seconds
5. Swissball Turkish twist	20 (10 each side)	3-4	Explosive
6. Single-arm kettlebell press on foam roller	12-15	3-4	4:0:1:0

If you need help understanding any of the above terms, speak to a personal trainer or gym instructor.

1

CABLE DRIVE AND PUSH

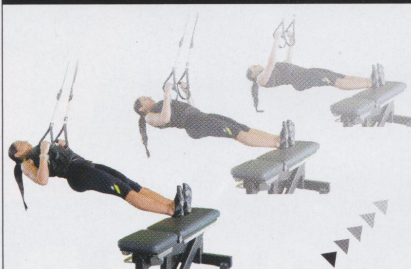


Set the cables to a low position (it should be as horizontal to the floor as possible once in the final position). In a three-point position, flex your knees as if you were squatting, and push against the floor with your toes, throwing your body as far forward as possible into a 'plank' position. Simultaneously, push the cable as if you were performing a single shoulder press. Think about getting your bicep to the same level as your ear.

REPS 10-12
SETS 2-3
LOAD/INTENSITY 8-9 RPE
DURATION/TEMPO 2:0:1:0

2

TRX INVERTED ROW



Set the TRX at a level that's right for you. The lower it is set (or the more inclined you are), the more challenging the exercise will be. Holding the handles firmly, pull yourself up while contracting your back muscles. Keeping your chest up, pull shoulder blades back and together on each row movement. Remember to always activate your core, which will stabilise your spine, and maintain this position throughout the entire set. This exercise is an excellent way to work the back muscles and core stabilisers. To increase the challenge, elevate your feet.

REPS 10-12
SETS 2-3
LOAD/INTENSITY 8-9 RPE
DURATION/TEMPO 3:0:1:0

3

SINGLE LEG DEADLIFT



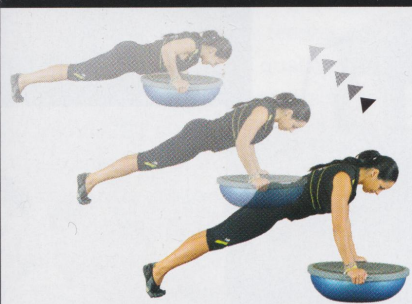
Stand on one leg with the knee of the standing leg slightly bent. Maintain a straight spine and slowly tilt forward, driving your hips back. Like a pendulum, your other leg should elevate as your body continues to lean forward. Once you reach the end of your range of motion, keep your heel in contact with the ground and return to a standing position.

REPS 10-12
SETS 2-3
LOAD/INTENSITY 8-9 RPE
DURATION/TEMPO 3:0:1:0

TRAINING TIP: For added challenge, try holding a dumbbell or kettlebell in the opposite hand to the working leg.

4

BOSU® PUSH UP



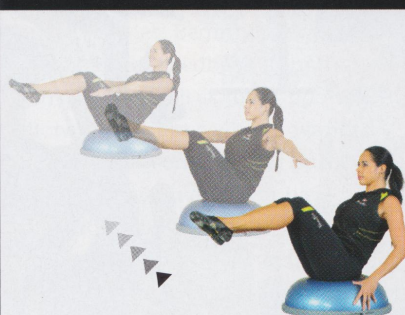
With your lower body supported on either your knees or your toes, place your hands on the flat side of the BOSU® with wrists directly beneath your shoulders. From this position slowly lower your body weight until your chest is just above the BOSU®. Forcefully press against the BOSU®, returning to the start position.

REPS 10-12
SETS 2-3
LOAD/INTENSITY 8-9 RPE
DURATION/TEMPO 3:0:1:0

TRAINING TIP: Maintain a neutral position throughout your entire body. If viewed from the side, an invisible straight line should run from your ear to your hip, via your shoulder.

5

BOSU® BALANCE

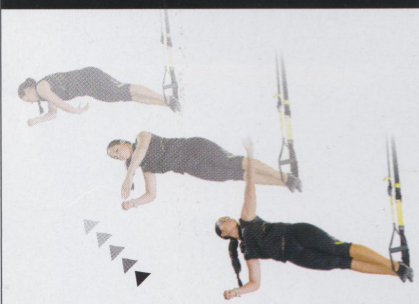


Place the BOSU® with the dome side facing up. Sit on the peak of the dome, hands placed on the BOSU®. Lifting your feet off the ground and bending your knees at 90 degrees, find a 'sweet spot' where you can balance, keeping your hands on the BOSU®. Then, lift your hands off the BOSU® and, raising your chest, try to hold them out straight in front of your body. Your back should now be at about a 45-degree angle from horizontal.

REPS N/A
SETS 2-3
LOAD/INTENSITY 7-8 RPE
DURATION/TEMPO 30-45 SEC STATIC HOLD

6

TRX DYNAMIC SIDE PLANK



Set the TRX into a low position and, facing sideways to the floor, place both feet in the straps. Come up onto your elbows and rotate your hips 90 degrees, while lifting one arm off the floor and extending it upwards. Maintain a straight position with your entire body throughout. Keep your eyes on the hand that is in the air, bringing it around as far as possible, while maintaining stability. Repeat with other arm. This is a great workout for the core and a superb way of strengthening and stabilising the lower back.

REPS 12-15
SETS 2-3
LOAD/INTENSITY 7-8 RPE
DURATION/TEMPO 2:0:1:0