

# 15-MINUTE CORE WORKOUT



In an ideal world, we'd all have plenty of time to head to the gym and work out whenever we please and check every other task off our to-do lists in the meantime. In reality? Sometimes all you have time for is a quick workout at home that you can do without equipment. The good news is that there actually are plenty of ways to squeeze a solid no-equipment workout into a short amount of time.

Perform each exercise for one minute, resting 30 seconds after each move, resting 30 seconds after each move. As you get more comfortable, you can swap that 30 seconds of rest for jogging in place. Keep track of your reps and try to squeeze more in every time you do the workout. If you are feeling up to it, you can do this workout twice for a total 30-minute workout.

## 1. PLANK TO DOLPHIN



- Start in a forearm plank with your forearms on the floor, elbows directly underneath your shoulders, hands facing forward so that your arms are parallel, and legs extended behind you. Tuck your tailbone and engage your core, butt, and quads. This is the starting position.
- Press through your forearms and lift your hips up and back, creating an inverted V shape with your body. Your head should now be between your shoulders.
- Pause for a second and then slowly lower back into a forearm plank.
- Continue this movement for for 1 minute. Targets the core, deltoids, rhomboids, & quads.

## 2. PUSH-UP



- Start in a high plank with your palms flat on the floor, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and your core and glutes engaged.
- Bend your elbows and lower your body to the floor. Drop to your knees if needed.
- Push through the palms of your hands to straighten your arms.
- Continue for 1 minute. Targets the core, pectorals, deltoids, and triceps.

## 3. PLANK TAP



- Start in a high plank position with your palms flat on the floor, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and your core and glutes engaged.
- Tap your right hand to your left shoulder while engaging your core and glutes to keep your hips as still as possible so that they're not swaying from side to side.
- Do the same thing with your left hand to right shoulder.
- Continue alternating sides for 1 minute.
- To make this easier, try separating your legs a little more. Targets the core, deltoids, and triceps.

## 4. SIDE PLANK WITH TWIST



- Start in a forearm side plank by propping your body up on your left forearm, with your elbow stacked underneath your shoulder and your hand in front of your body. Extend your legs and stack your right foot on top of your left, and then squeeze your abs and glutes to lift your hips off the floor.
- Place your right arm behind your head, with your elbow bent and pointing up toward the ceiling. This is the starting position.
- Rotate your torso toward the floor, bringing your right elbow to meet your left hand. Don't let your hips drop—the movement should just come from your core.
- Then, reverse the movement to return to the starting position.
- Continue for 1 minute. Then repeat for 1 minute on the opposite side. Targets the the core (especially the obliques) and the deltoids.

## 5. BICYCLE CRUNCH



- Lie faceup with your legs in tabletop position (knees bent 90 degrees and stacked over your hips). Place your hands behind your head, elbows bent and pointing out to the sides. Use your abs to curl your shoulders off the floor. This is the starting position.
- Twist to bring your right elbow to your left knee, while simultaneously straightening your right leg.
- Then, twist to bring your left elbow to your right knee, simultaneously straightening your left leg.
- Continue alternating sides for 1 minute. Go at a slow and steady pace so that you can really twist and feel your abs working. Targets the core, especially the rectus abdominis and obliques.

## 6. PLANK TO DOWNWARD DOG



- Start in a high plank with your wrists under your shoulders and your feet hip-width apart.
- Push your hips up and back to move into a Downward Dog with your heels reaching toward the floor.
- Keep your core tight and shift your weight forward to come back into a high plank.
- Continue for 1 minute. Targets the core, deltoids, and rhomboids.

## 7. DIAMOND PUSH UP



- Start in a high plank with your palms flat on the floor, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and your core and glutes engaged.
- Walk your hands together so that your thumbs and forefingers form a triangle. This is the starting position.
- Bend your elbows to lower your chest toward the ground. Then, straighten your arms and push your body back up to the starting position. This is 1 rep.
- To make this easier, drop your knees to the ground. Just make sure to keep your core tight and your hips tucked in this position.
- Continue for 1 minute. Targets the core, triceps, deltoids, and pectorals.

## 8. LATERAL PLANK WALK



- Start in a high plank position with your palms flat on the floor, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and your core and glutes engaged.
- Take a step to the right starting with your right hand and right foot and following with your left hand and foot, maintaining a plank position as you move. This is 1 rep.
- Do a set amount of reps in one direction, and then repeat the same amount moving in the opposite direction.
- Continue for 1 minute. Targets the core, deltoids, and triceps.

## 9. BOAT POSE



- Sit up straight with your legs bent, feet flat on the floor.
- Keeping your legs together, slowly lift them off the floor until they form a 45-degree angle to your torso. Engage your entire core, keep your back flat, and balance on your tailbone.
- You can keep your knees bent (as pictured) or straighten them out for more of a challenge.
- Reach your arms straight out in front of you, parallel to the floor. If you feel that you need some extra support, place your hands on the floor, underneath your hips.
- Hold here for 1 minute. Targets the core, hip flexors, and shoulders.

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