



5-Minute Core Blast Workouts

Choose your level: Beginner | Intermediate | Advanced

No Equipment Needed | ~5 Minutes Per Level



Beginner Core Blast

Focus: Control, form, and building foundational strength



Do each exercise for **40 seconds**, followed by **10 seconds rest/transition**

Exercise	Time
Dead Bug	40 sec
Glute Bridge Hold	40 sec
Bird Dog	40 sec
Heel Taps	40 sec
Knees-to-Chest Hold	40 sec
Forearm Plank (on knees if needed)	40 sec



Intermediate Core Blast

Focus: Stability, balance, and strength endurance



Do each exercise for **45 seconds**, with **15 seconds rest/transition**

Exercise	Time
Plank to Shoulder Tap	45 sec
Bicycle Crunches	45 sec
Leg Raises + Pulse Up	45 sec
Russian Twists	45 sec

Side Plank (Right)	45 sec
Side Plank (Left)	45 sec

Advanced Core Blast

Focus: Power, dynamic movement, and max core engagement

 Do **20 reps** per exercise (each side counts as 1), or go for **45–50 seconds of high intensity** with minimal rest

Exercise	Reps / Time
Plank Jacks	50 sec
V-Ups	20 reps
Mountain Climbers	50 sec (fast)
Flutter Kicks	50 sec
Sit-Up to Twist	20 reps
Hollow Body Hold	45–60 sec hold

Optional Cool Down (1–2 min for all levels)

- Cobra Stretch – 30 sec
- Child's Pose – 30 sec
- Supine Spinal Twist – 30 sec each side