Dumbbell Core Workout

One dumbbell and the floor for a strong trunk: crunches with a load, twists, side bends, a plank that drags the weight and a carry.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Core	Intermediate	35 min	Dumbbells

WARM UP

Once through, at an easy pace

Marching In Place



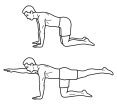
60 s

Dead Bug



6 reps
each side

Bird Dog



6 reps
each side

Cat-Cow Pose

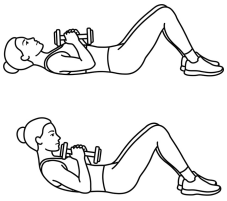


8 reps

MAIN

All sets of a move, then the next

1 Dumbbell Weighted Crunch



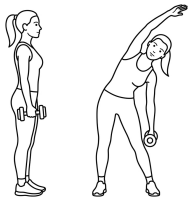
3 × 12
rest 45 s
Dumbbell on the chest; curl the ribs toward the hips

2 Dumbbell Russian Twist



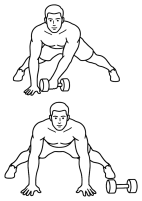
3 × 10
each side · rest 45 s
Feet down if the back rounds

3 Dumbbell Side Bend



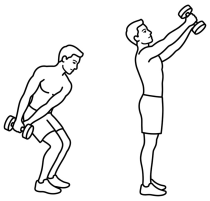
3 × 12
each side · rest 45 s

4 Dumbbell Plank Drag-Through



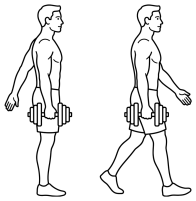
3 × 8
each side · rest 60 s
Hips stay level; feet wide helps

5 Dumbbell Woodchopper



2 × 10
each side · rest 45 s

6 Dumbbell Suitcase Carry



2 × 30 s
each side · rest 45 s
Walk tall; do not lean toward the weight

COOL DOWN

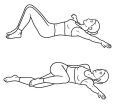
Once through, at an easy pace

Cobra Ab Stretch



30 s

Reclined Spinal Twist



30 s
each side

Child's Pose



45 s