

## Core Exercises: Why you should strengthen your Core Muscles

We often hear how important a "strong core" is for our overall well-being but do you include them in your fitness routine? Most of us may not, or at least not on a regular basis. Here are a few reasons why we should include them. Then try the exercises of the month and set a goal to do these at least 2-3 times a week.

- Core exercises improve your balance and stability
- They don't require specialized equipment or a gym membership
- Core exercises can help tone your abs and help against lower back pain
- Strong core muscles make it easier to do most physical activities

# HARDCORE

NEILA REY WORKOUT [neilarey.com](http://neilarey.com)

1 20 flutter kicks

2 12 long arm crunches

3 14 sitting twists

4 10 side bridges

5 10 body saw

6 20 plank arm lifts

7 10 push-up to lunges

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes