

A Harder Core Challenge

Master the side bridge to build better abs

The Moves: Hold for the time specified below, then switch sides.

The Workout: Do this routine two or three times a week.

1 Kneeling Side Bridge



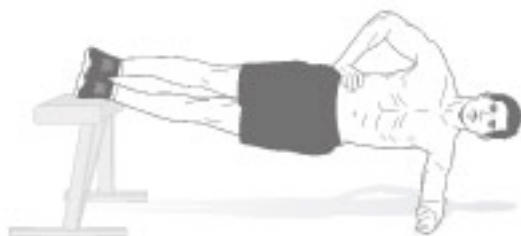
Lie on your side with your forearm on the floor and your elbow under your shoulder, your knees bent 90 degrees. Contract your glutes and keep your abs stiff throughout. Raise your hips until your torso is straight from shoulders to knees.

2 Side Bridge



Lie on your side with your forearm on the floor under your shoulder, and your feet stacked together. Contract your glutes and abs. Push your hip off the floor, creating a straight line from ankle to shoulder and keeping your head in line with your spine.

3 Elevated Side Bridge



Same setup as you use for the side bridge, but stack your feet on a bench. Don't allow your hips to sag.

Week	Exercise	Sets	Time
1	Kneeling Side Bridge	2	30 seconds
2	Kneeling Side Bridge	2	60 seconds
3	Side Bridge	2-3	45 seconds
4	Side Bridge	2-3	60 seconds
5	Elevated Side Bridge	2-3	45 seconds



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