Build Your Core: Effective Ab Exercises for Beginners

Introduction

A strong core isn't just about aesthetics—it supports your posture, balance, and overall strength. These beginner-friendly exercises are perfect for building core strength in a safe, effective way.

Warm-Up (2 minutes)

Cat-Cow Stretch: 1 minute
Seated Torso Twists: 1 minute
Core Circuit (8 minutes)
Perform each exercise for 30 seconds, then rest for 15 seconds between moves:
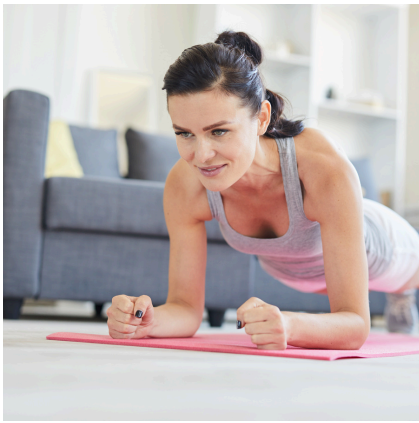

Modified Plank (on knees or forearms)
Dead Bug (lying on your back, alternate lowering opposite arm and leg)
Seated Russian Twists (feet on the floor or lifted for more challenge)
Bird Dog (on all fours, extend opposite arm and leg, alternating sides)
Cool Down (1 minute)

Child's Pose Stretch

Pro Tip
Focus on form over speed to activate your core muscles effectively.