WC
FITNESS

TOP 10 CORE WORKOUTS.

10 core workouts. 10–20 minutes. Kettlebell, dumbbells, or nothing at all.

A stronger core in 10–20 minutes.

Your core does more than show up in photos. It protects your back, carries your strength from your legs to your arms, and keeps you moving well as you get older. You don't need an hour of crunches to train it. You need a few smart minutes, a couple of times a week.

Most of these are workouts I've posted on Instagram, written out so you can run them. Each one takes 10–20 minutes with one kettlebell, a pair of dumbbells, or nothing at all. Run one on its own, or tack it onto the end of a workout.

#	Workout	Time	Equipment
1	15-Min KB Core	15 min	Kettlebell
2	18-Min KB Core	18 min	Kettlebell
3	Kneeling KB Core	15–20 min	Kettlebell
4	15-Min Core, 1 KB	15 min	Kettlebell
5	The Chop Shop	12–15 min	KB or DB
6	Floor Core Circuit	18 min	None
7	Dumbbell Core	15 min	Dumbbells
8	Carry Finisher	10 min	KB or DB
9	Plank EMOM	10 min	None
10	L-Sit Holds	5 min	Parallettes or chairs

How to use it: 2–3 core sessions a week is plenty. Pick by the time and gear you have. Rest at least a day between the harder ones.

Warm-up (3 min): 10 cat-cows, 10 bird dogs per side, 10 hip bridges, 20-second plank.

Scaling: start with a light kettlebell or dumbbell and short holds. If your lower back arches or takes over, cut the range or the time before you add weight.

WORKOUT 1 · 15 MIN · KETTLEBELL

15-Min KB Core

3 rounds, 30 seconds on / 30 seconds off for each movement. One kettlebell, start light.

#	Movement	Reps / time
1	Russian twist	30 sec
2	Tridents	30 sec
3	Wood choppers	30 sec
4	KB leg raises	30 sec
5	KB pass-throughs	30 sec

Watch the demo: instagram.com/p/Dbk9Z_hOSv8/

WORKOUT 2 · 18 MIN · KETTLEBELL

18-Min KB Core

3 rounds, 30 seconds on / 30 seconds off. Six movements, so this one runs a little longer.

#	Movement	Reps / time
1	Around the worlds	30 sec
2	Same-side straddle tuck press	30 sec
3	Tridents	30 sec
4	Cross-body straddle knee tuck press	30 sec
5	Wood choppers	30 sec
6	Leg raises	30 sec

Watch the demo: instagram.com/p/DclZ8jEO29d/

WORKOUT 3 · 15–20 MIN · KETTLEBELL

Kneeling KB Core

5 rounds of 20 reps each, all from your knees. Kneeling takes your legs out of it, so your trunk does the work. Rest as needed between rounds.

#	Movement	Reps / time
1	Helicopters (top grip)	20
2	Curl to halo (alternating)	20
3	Helicopters (side grip)	20
4	Curl to overhead tricep extension	20
5	Alternating around the worlds	20

Watch the demo: instagram.com/p/Dcvoil-MGui/

WORKOUT 4 · 15 MIN · KETTLEBELL

15-Min Core, 1 KB

3 rounds, 30 seconds on / 30 seconds off. Core plus a little of everything else.

#	Movement	Reps / time
1	Alternating seated halos	30 sec
2	Kneeling wood chops	30 sec (each side)
3	Alternating around the worlds	30 sec
4	Alternating cross-body lunges	30 sec
5	Close-grip KB push-up + knee drive	30 sec

Watch the demo: instagram.com/p/DbWEukVOuk4/

WORKOUT 5 · 12–15 MIN · KB OR DB

The Chop Shop

Two rotational drills back to back. Rotate through the hips, not just the arms, and control the return. Rest 30–60 seconds between rounds.

Part	Movement	Reps / time
A	Wood choppers · 5 rounds	10 per side
B	180° chop · 3 rounds	10 per side

Watch the demo: instagram.com/p/DdKsswNNWUi/

WORKOUT 6 · 18 MIN · NO EQUIPMENT

Floor Core Circuit

3 rounds, 40 seconds on / 20 seconds off. Floor space only. Keep your lower back pressed down on the dead bugs and hollow holds.

#	Movement	Reps / time
1	Dead bug	40 sec
2	Hollow hold (tuck if needed)	40 sec
3	Side plank, left	40 sec
4	Side plank, right	40 sec
5	Plank shoulder taps	40 sec
6	Mountain climbers	40 sec

WORKOUT 7 · 15 MIN · DUMBBELLS

Dumbbell Core

3 rounds, 60 seconds rest between rounds. A pair of dumbbells, moderate weight.

#	Movement	Reps / time
1	Renegade row	6 per side
2	Russian twist (one DB)	20 total
3	Dead bug, DB held overhead	10 per side
4	DB side bend	12 per side
5	Suitcase carry (one DB)	30–40 sec per side

WORKOUT 8 · 10 MIN · KB OR DB

Carry Finisher

4 rounds, 60 seconds rest between rounds. Carries train your core to stay stiff under load. Walk tall, ribs down, no leaning. Add it to the end of any workout.

#	Movement	Reps / time
1	Farmer carry (both hands)	40 sec
2	Suitcase carry (one hand)	30 sec per side
3	Front rack carry	40 sec

WORKOUT 9 · 10 MIN · NO EQUIPMENT

Plank EMOM

Every minute on the minute for 10 minutes. Do the work at the top of the minute, rest whatever is left.

Min	Movement	Reps / time
Odd	Forearm plank	30–45 sec
Even	Side plank (alternate sides each round)	20–30 sec

WORKOUT 10 · 5 MIN · PARALLETTES, DIP BARS OR 2 STURDY CHAIRS

L-Sit Holds

6 rounds: 10-second hold, 10-second rest. Press your shoulders down and lift your legs straight out. A hard finisher or a skill to build over time.

#	Movement	Reps / time
1	L-sit hold	10 sec × 6

Scale down: tuck sit (knees bent to your chest), or keep your heels on the floor and just lift your hips.

Watch the demo: instagram.com/p/DcQzCo_OByU/

Track your core work.

Write it down. Next time you run a workout, beat what's on this page.

Workout	Date	Weight used	Rounds / time	Notes
1 — 15-Min KB Core				
2 — 18-Min KB Core				
3 — Kneeling KB Core				
4 — 15-Min Core, 1 KB				
5 — The Chop Shop				
6 — Floor Core Circuit				
7 — Dumbbell Core				
8 — Carry Finisher				
9 — Plank EMOM				
10 — L-Sit Holds				

READY FOR MORE?

A strong core is one piece. A plan builds the rest.

30-Minute Strong, $44.99 each — an 8-week plan in three editions: **Kettlebell**, **Dumbbell**, and **Bodyweight**. About 30 minutes a session with core work built in, plus an editable tracker. Get all three for $99.99.

1:1 Coaching — programming built around your schedule, your equipment, and your nutrition, with weekly check-ins. Spots are limited.

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