



Harvard Medical School Core Exercises: 6 workouts to tighten your abs, strengthen your back, and improve balance

Edward M. Phillips, M.D.

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In this report, you'll learn ways to slip these essential exercises into even the busiest schedule. The six core workouts in this report feature exercises that emphasize moves you make during sports and everyday life. We'll show you how to set achievable goals and work smart, rather than wasting time you'd rather spend elsewhere. Twenty to 40 minutes a few times a week or even just five minutes a day is all the time you need. We've skipped standard crunches in favor of more challenging exercises designed to buff more than one muscle group at a time. And all of the exercises can be made easier or harder, depending on your current level of core fitness.

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