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# Ultimate Core Training Guide

For a sexy, strong, and functional core!

Developing a strong, functional, and "toned" looking core requires more than simply crunches and sit-ups but that doesn't mean it has to be boring or complicated.

In this guide, we are sharing the 3 "C's" of core training to help you build strength, coordination, and full-body fitness while also creating a strong, sexy core!

Keep in mind that while we are providing you with some really awesome core exercises to add to your training, nutrition is a vital component that can't be overlooked if you truly want to get results.

Now, without further delay, the 3 "C's" of core training...carries, crawls (& planks!), and compound movements!

## Carries

These are one of our favorite ways to train the core. Minimal risk for maximal reward. Plus, you can do carries with literally anything you can pick up from a kettlebell to a backpack and lots of things in between.

A few ways you can add variation to your carries include:

- standing, marching, or walking with the weight
- using single or double kettlebells, offset weights, or a different position for each arm
- go for time, distance, or a specific number of reps per leg

Here are a few of our favorite carry variations to help you get started! Click the words in [pink](#) to see a video demo of each one!

## Farmers Carry

This variation requires 2 bells (or weights of any kind) and will really challenge your grip strength.

## Suitcase Carry

A single bell variation that will help build your obliques and connection through your whole body.

## Front Rack Carry

A great shoulder and upper back builder as well! This can be done with one or two bells and provides a slightly different challenge each way.

## Goblet Carry

A still challenging but slightly simpler version of the front rack carry. Great when you struggle to clean two bells into a rack position.

## Overhead Carry

This variation will help you build a strong core as well as improve overhead strength and mobility. Try it with one or two bells!

## Crawls (& planks!)

Crawling is one of the most fundamental core and coordination building skills around. We crawl before we walk but somehow life gets in the way and we lose this important skill. Not only will crawls and planks help you build a stronger core, they are also pretty darn fun!

As with carries, there are a number of ways you can change these up to keep it interesting and continue progressing. A few ways you can perform crawls include:

- isometric holds
- forward and backward crawls, side to side crawls
- hand to shoulder or hand to knee/foot taps
- knee to same or opposite side elbow
- hopping

The list goes on!! Try the crawl and plank variations we share below or play around and make up your own!

Just click the words in [pink](#) to view a video demonstration if you need a little help!

## **Bear Crawls**

Feel like a kid again as you build core strength and improve shoulder health crawling around on the ground like a bear!

## **Inchworms**

Get better core strength, stronger shoulders, and work on that hamstring flexibility as you inch your way across the floor.

## **Hardstyle Plank**

4 minute planks are SO last century! Practice creating tension and connection through your entire body to get strong everywhere in much less time.

## **Push-up Position Plank (PUPP)**

Stronger wrists, shoulders, lats, abs, and glutes...that's what you'll get with this variation. A great one to practice whether you're working on your push-ups or not!

## **Lateral Walking Plank**

A mix between a crawl and a plank, a crank? This one will help you improve your coordination and should health while also getting stronger just about everywhere.

## **Compound Movements**

Compound movements are multi-joint movements rather than single joint movements like a bicep curl which only has motion at the elbow.

These types of exercises are fantastic for building a strong core because they require connection through your entire body in order to support the weight and coordinate movement. Plus, they burn more calories too!

We personally train using primarily compound movements and they are the foundation of all kettlebell skills. Definitely don't sleep on these!

Below, we have shared the 7 fundamental kettlebell skills that nearly all kettlebell training is built upon. These movements will build your core, get you strong, and improve your conditioning in much less time than typical workout programming. Winning!

Just because it's only 7 movements doesn't mean you can't keep it interesting. There are nearly endless ways that you can change up each skill to keep it fun and continue progressing. A few of our favorite ways to add variety to these skills include:

- practicing partial and full ranges of motion
- isometric holds
- start/stop reps
- slow eccentrics (slow on the way down, fast on the way up)
- explosive reps (controlled but as fast as possible)
- adding a pause (pause at different points throughout the movement)
- 1.5 reps (go all of the way down, come halfway up, go down, then finish the rep)
- single leg variations

Not all of these methods are appropriate for every movement so be smart and use them only where appropriate. Ask questions if you aren't sure!

Check out these compound movements and start incorporating them into your workouts today! Just click the words in [pink](#) to see a video demo of each one.

## Deadlift

Master the deadlift and you will go far! This movement will fire up your glutes, abs, lats, and everything in between. If you can do no other movement, do deadlifts!

## Squat

Great for a just about everything. Improve your mobility while building strength through your entire body.

## Press

Build strong, sexy shoulders and triceps while developing better overhead mobility and a rock solid core!

## Getup

Get better mobility and coordination and improve shoulder stability and overhead strength all in one movement. The ultimate core workout in one!

## Swing

It's cardio without the running! Improve your strength and conditioning, burn more calories in less time, and develop great glutes and abs in the process.

## Clean

The only kind of cleaning we really like to do. These will strengthen your core, upper back, and legs while giving you a solid bout of conditioning work too.

## Snatch

A fun but brutal move that works your entire body. There may be no better conditioning movement than the snatch. Just make sure you've got strong, healthy shoulders before you try these out.

Add this quick workout in as a finisher the next time you're at the gym!

You will work for 40 seconds and rest for 20 seconds x 6 total rounds (6 minutes). Of course, you can do more if you want! Complete one exercise, rest and then move onto the next. As always, challenge yourself and have FUN!!

- Farmers Marches
- Knee to elbow Plank
- Swings
- Overhead Marches
- Bear position drags
- Goblet Squat

We would love to see you repping it out! Tag us on social @be.bellaflex and show us what you've got!

**QUESTIONS** about anything you read here? Message us on any social platform or email [hello@bebellaflex.com](mailto:hello@bebellaflex.com)

