

# Targeting the Core from Different Angles

Essentially, any exercise that uses the anterior and/or posterior muscles to [stabilize the spine](#)—and is performed in a coordinated fashion—works the core. It’s important to include some kind of [core](#) moves in all classes, particularly those in which core training might not be emphasized. Try the following exercises in one of your next classes; the moves are appropriate in a range of settings and will be effective with various pieces of equipment. The best part: You can modify these movements to create more or less challenge with a simple body-position adjustment or equipment change. This vests attendees with options to help them flourish.

*Note: Choose sets and reps based on the time allotted and preference. Switch sides on unilateral exercises.*

## Double-Tap Twist Crunch

- Lie supine, hips and knees flexed, one foot on the floor, other foot placed across opposite thigh (figure-four position).
- Place fingertips lightly behind the head, elbows pointing toward corners of the room.
- Flex spine, then [rotate](#) inside elbow to touch inside, then outside, of supporting knee.
- Rotate back to center, and lower to the floor.
- Progression: Lift foot off the floor.

## Side Plank With Rotation

- From a side-lying position, place flexed elbow directly beneath the shoulder, with forearm and wrist extended, hand making a fist.
- Maintain [alignment](#) from ear to hip and knee joint.
- Place top leg in front of the body, the toe of the back foot touching the heel of the front foot. This kinetic connection aligns the body and helps control rotation.
- Place fingertips of the top arm just behind the ear, elbow pointing toward the ceiling.
- Lift hips into side plank; rotate top elbow down toward the floor, touching fist.
- Slowly raise elbow back toward the ceiling.
- Progression: Stack feet on top of each other. Regression: “Kickstand” back knee to increase the base of support.

## Kneeling Roll-Out, Three Ways- **AbDolly®**

- Place forearms directly onto AbDolly, knees, and hips flexed underbody, feet relaxed.
- Press body forward, rolling AbDolly in front of the body, lengthening spine and arms.
- Return to start.

- Progression: Return without flexing [hips](#). Regression: Shorten range of motion and maintain flexion in elbow and hip joint.

For photos of the exercises, plus two other ways to do the Kneeling Roll-Out (using Gliding™ discs and the TRX® Suspension Trainer™), please see “[Options for Everyone](#)” in the online IDEA Library or in the June 2017 issue of *IDEA Fitness Journal*.  
[IDEA Fit Tips, Volume 15, Issue 7](#)

**Please review our business at: [Google](#) [Yelp](#) [Facebook](#)**

If you'd like to learn more, please visit our [Member's Area](#) to access our subscribed content.

Did you know you can work out and exercise with a trainer at your home, office, hotel room, or pretty much anywhere in the world with online personal training?

[Like us on Facebook/Connect with us on LinkedIn/Follow us on Twitter](#)  
[Pinterest/Instagram/YouTube](#)

**Make sure to forward to friends and followers!**