THE 5-MINUTE CORE WORKOUT

DON'T TRAIN YOUR ABS, TRAIN YOUR CORE

BY BRIAN KLEPACKI, MS, CSCS, FMS

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Use of the information provided is at the sole choice and risk of the reader. You must get your physician’s approval before beginning this or any other exercise program.
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THE 5 MINUTE CORE WORKOUT

Don’t Train Your Abs, Train Your Core

By Brian Klepacki, MS, CSCS, FMS
When was the last time you felt ‘strong’ in your core? I’m not talking about when you’re doing a little ab workout at the gym or at home. I’m talking about when you are going about your day and you move in a certain way or lift something heavy and you feel your midsection tense up providing you with strength-confidence.

As a Certified Strength & Conditioning Specialist, I have used functional core-specific movements on hundreds of clients and athletes over the past 16 years. I know the POWER that these exercises hold for total body strength and functional conditioning. And for an added bonus, I know firsthand how proper core training will HELP speed up the process of getting a nice chiseled mid-section but that’s not why we should train the core, at least from my perspective.

You see, the core has such a greater purpose than just getting a six-pack. Whether you want those beach body abs or are in pursuit of getting rid of that donut you’ve been carrying around for a while now, training your core correctly can have a significant impact on your health and overall fitness.

It seems a good majority of both men and women out there are in constant pursuit of having a better looking midsection. I’m all for that and to be honest, I love having a six-pack. It’s definitely a confidence booster. However, my abs are a result of CORE training, not ab training.
Without getting into the anatomy and physiology of the core, it’s important to know a few things about it. First off, your core is a series of muscles that provide strength and stability to your entire body in motion and when stationary. The core is essentially your hips, glutes, abdominals and low back. Your body’s center of gravity is located here and this is where all movement begins.

Your body is designed to work as a unit. Individual muscles aren’t meant to be worked in isolation. When you work one area without working surrounding muscles, it causes an imbalance. Strong muscles in one area can overpower weak muscles, offering a false sense of security and risking serious injury.

Here’s the secret: only by fully engaging your core in every plane can you fire up all the muscles in the midsection, front, side, and rear to bring balance to your body. When you do this, you’ll properly work the deep muscles of the core.

So here’s what you do instead: powerful functional exercises that work your core across three planes of motion. Your core needs to be worked in 3D. And this is best achieved with exercises that are total-body, dynamic movements.

By just doing functional rather than isolation movements as part of your workout you’ll see more impressive gains in far, far less time. And this quick 5-Minute Core Workout that you are about to see is exactly built with this in mind.
I’m not saying that these 6 exercises listed below are the ONLY core exercises you should be doing. That would be a lie if I said that. Truth be told, there are DOZENS of exercises that target the core but not all exercises are beneficial to you and out of all the good ones out there, not all are needed to get great results.

I created this quick 5-minute core workout in order for you to get a glimpse of what true core training actually looks and feels like.

It all circles back to science and what works and what doesn’t. Obviously you will want to focus your time and energy on movements that work and there’s no better place to get that information from than a trained professional like myself.

I’ve spent years in school studying the human body. I’ve trained hundreds of individuals from young to old, beginners to Olympic gold medalists and what I have found is that using the right exercises in a certain flow with certain parameters is the ultimate combination for true core development (both strength and for appearance).

Unfortunately, this can make things a little more complicated for you to train your core on your own, if you choose to go that route. Let me give you one valuable training tip for free.

Sit-ups and crunches are NOT good core exercises.

So that burning sensation you feel from doing endless crunches or sit-ups at the end of your workout does not deliver the results you want.

In fact, it misses your core altogether. It might hit the muscles on the surface but the negatives far outweigh the positives and the research study a few pages ahead proves it so after you look over the workout, take an extra minute and read what the crunch does to your body. It’s pretty alarming and quite scary…
THE 5-MINUTE CORE WORKOUT

The movements that you are about to read about are the bare minimum of what you need to do to begin the core development process. You will do this quick and simple routine 2x a week if possible.

When going through this 6-exercise circuit, it’s important to be warmed up properly so spend a few minutes warming up the body before beginning this 5-minute workout.

This workout does not need to be done at the end of a workout since it’s ‘core’ work. Let me remind you that core training is best done through various movements that will recover other muscles to be involved.

You can use this workout immediately after a warm up, in the middle of your workout, or at the end before the cool-down.

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*Alternate Exercise for those NOT wanting to jump is the Squat with Rotational Reach for 25R. These are equally effective for the core but are considered super low impact.

This workout needs to be done in order with minimal rest in between each movement. It should take 5-Minutes but depending on your level of fitness, it might take a couple minutes more.

**NOTE** – 25R is 25 repetitions and 50R is 50 repetitions. These “reps” are to be done as one continuous set before moving on to the next exercise.

To turn this into a full workout, rest 2-3 minutes after you complete 1 round of all 6 exercises and repeat for an additional round or two.
CATCHER’S SQUAT TO REACH

Squat down until your legs are parallel with the ground while simultaneously putting your hands in a position as if you were going to catch a baseball. Next, stand up by straightening your knees and simultaneously extending your upper body reaching your arms and hands over your head.
SUPERMAN

Lie face down on your stomach with the arms extended out in front of you and the legs extended behind you. Keep your chin tucked in to your chest and in one movement lift the arms and legs up towards the ceiling making a U shape in your back. Make sure that you do not lock out the limbs and keep the core as still as possible.
TWISTING SQUAT JUMP*

Position your feet into a slightly wider than shoulder width stance with your toes slightly pointed out and knees slightly bent. Bring your arms to your chest, tucking in your elbows at your side. Keep your neck neutral and maintain a straight back. This will be your starting position. Descend into a squat by pushing your hips and butt backwards.

Continue down until the upper legs are at or just below parallel to the floor. Once you reach your bottom position, powerfully push through your heels to jump upwards. As you ascend into the air, rotate 90-degrees to your right. Once you land (land on balls of your feet), immediately transition into a subsequent squat and propel yourself upwards, again rotating 90-degrees.
**ALTERNATE EXERCISE – SQUAT WITH ROTATIONAL REACH**

For those wanting to avoid or minimize impact on the lower body, this exercise is a great alternative option that still hits the core effectively.

Get into the ready position, knees flexed, hips back, chest up and head neutral. Squat down twisting towards one side and reaching your arms to the floor by your foot. Then as you extend the body and stand up, begin rotating towards the other side so that once you have fully extended yourself with arms overhead you are facing 180 degrees opposite the foot you reached for.

Allow the feet to pivot as necessary for this to feel natural. Next drop back down to that side you’re facing and repeat so that you end up twisting the other direction.
Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg under and across your stomach and aim the knee towards the opposite elbow. Move it as close to the elbow as you can. Explosively reverse the position of your leg and pull the bent leg back in line until the leg is straight and supported by the toe, and then repeat the movement with the other leg. The tempo can be slow if that is your preference.
Lie down with your back and head pressed against the floor. Your arms should be fully extended to the sides with your palms facing down. The arms should be stationary the entire time. With a slight bend at the knees, lift your legs up so that your heels are about 6 inches off the ground. This is a side-to-side movement. Spread your legs apart about 2 feet and then bring your legs together tapping the feet quickly to complete the repetition.
Begin in a push-up position. Lift one hand off the ground and quickly tap the opposite shoulder. Keep hips and shoulders square to the ground and avoid lifting hips to keep your torso still. Place that hand back on the ground and repeat with the other hand.
A recent EMG study out of Fresno State compared the muscle activation differences between 6 different core exercises. The purpose was to compare the overall recruitment of the rectus abdominis muscles, external oblique, and rectus femoris (quads) during the traditional abdominal crunch, a plank (traditional and suspended), mountain climber plank (traditional and suspended) and a suspended plank with a knee tuck.

It was concluded that for individuals wanting to develop the abdominal musculature, suspension training and all plank variations (traditional and suspended) would be more effective exercises to use than the traditional abdominal crunch.

Combining the unwanted flexion of your spine with the added limited range of the crunch does nothing to strengthen or shape your rectus abdominal muscles, your transverse abdominals, or your obliques. The crunch is not a natural movement and it might feel like it is working but EMG testing proves its ineffectiveness.

This study alone should convince you that the stomach crunch needs to get tossed into the garbage. There is no place for the crunch to exist in any fitness program whatsoever and I hope you better understand what it takes to get a stronger, more visually pleasing midsection.

Again, from my 16 years of education and experience with many research studies like this, it’s no wonder that so many professionals and intelligent fitness enthusiasts are rapidly dropping this exercise.

Start radically transforming your core into something stronger, leaner, and more functional than before. Continue reading on the next page to learn more about my core training program that guarantees an iron core in 60-days.
THE SAFEST, MOST EFFECTIVE WAY TO SCULPT CHISELED ABS AND DEVELOP AN IRON CORE IN JUST 60 DAYS WITHOUT SCREWING UP YOUR SPINE.

HTTP://CRUNCHLESS6PACK.COM/
ABOUT THE AUTHOR

Brian Klepacki has over 16 years of experience and education in the fitness and athletic world. He holds a Master’s Degree in Exercise Science and holds numerous highly recognized certifications that have set his expertise and training above most others.

Brian has learned that in order for you to achieve your max performance, a multitude of training regimes must be implemented to stimulate all systems of the body.

As a Strength & Conditioning Specialist and Functional Movement Specialist, Coach Brian knows how crucial it is to sort through fact and fiction when it comes to physical training and human performance.

His philosophy is simple, PURPOSE OVER PREFERENCE. He is not about those big box cookie cutter programs and he doesn’t prescribe a random workout that has no purpose. His logic is specific. His training has a purpose. Brian currently resides in St. Petersburg, FL with his wife and their two boys.

He is the Fat Loss & Core Training Advisor with CriticalBench.com and is the creator of the wildly popular Unlock Your Glutes and Crunchless Core programs.