

CORE WAR 1

Introduxion

How to Perform Your CORE WAR Workouts - The goal in these workouts is to see how long you can “protect the base” from the mounting waves of “attackers” (in this case...new ab exercises). But wait a minute. You don’t think your core is just your abs do you? As a friendly reminder, I’m requiring you to perform progressively mounting reps of KB Swings to not only target the posterior chain component of your core, but to make the successive waves that much more difficult! If you can successfully resist the onrush through all 4 levels of attack, you will have defended your base and proven your core competence...for today!