

THE
**HUMAN
TRAINER™**

**EXTREME
CORE**



www.thehumantrainer.com

All of the Astone E-book Workout Programs are specifically designed to give you the most time efficient and result oriented workout. Each E-Book workout is designed by a Certified Personal Trainer. Every E-Book workout program provides the specific muscle groups with a tested sequence of exercises to give the greatest results and also require the least amount of set-up for the next exercise. All of the Astone E-book Workout programs come with high quality photos with start and finish descriptions, and the suggested repetition range for optimal results.

SAFETY NOTE

Before beginning these exercises or any other workout programs using The Human Trainer, ensure you have selected and tested the chosen support structure for safety and stability. Next, attach the accessory handle to the chosen D-ring height on The Human Trainer Main Straps. Be sure to always inspect your Human Trainer and all its components before use. Never use The Human Trainer if any of the components are worn or damaged. Always replace any damaged or worn components immediately.

If you are serious about toning your abdominals and flattening your stomach you'll want to be doing body weight core training. Using only The Human Trainer you can perform many fat burning abdominal exercises to melt the fat away from your mid section. Performing this routine on a regular basis will give you results within a matter of weeks. Benefits of strengthening your core include improved posture, balance and core strength.



1

2 Knee Side to Side Pull-ins

10 Repetitions per side



START

Place one foot in each of the suspended foot cradles, toes in. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

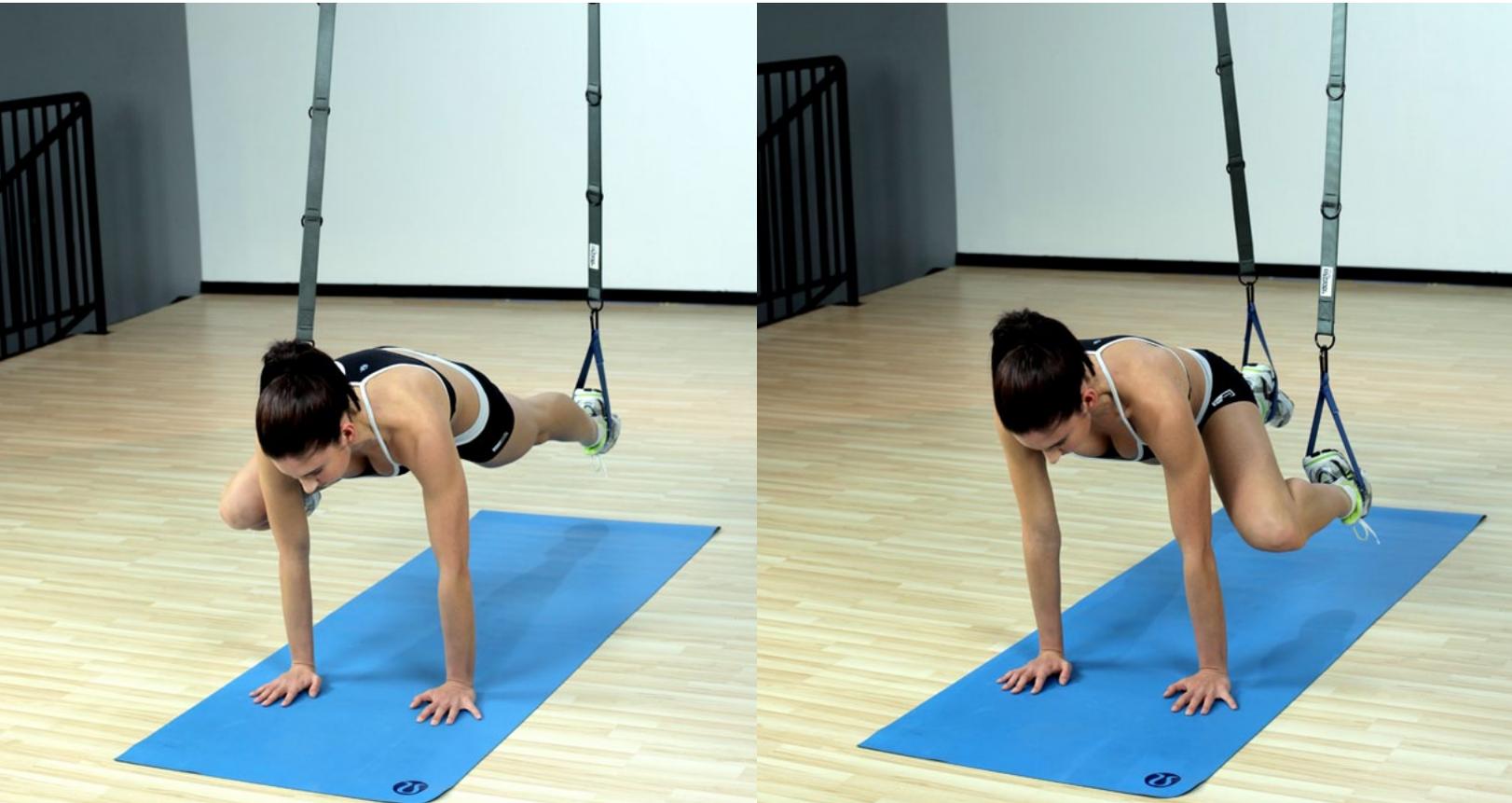
FINISH

Keeping your core engaged and the arms in a high plank position, draw both knees in towards the left elbow, then return to starting position and draw both knees into the right elbow. Continue alternating sides until the desired number of repetitions is completed.

2

Alternating Knee to Elbow Mountain Climbers

10 Repetitions per side



START

Place one foot in each of the suspended foot cradles, toes in. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

FINISH

Keeping your core engaged and the arms in a high plank position, pull the right knee in towards the right elbow. Return to starting position as you pull your left knee in towards the left elbow. Continue alternating legs until the desired number of repetitions is completed.

3**Hanging Straight Leg Raise (optional Ab Straps) 12 Repetitions****START**

Begin by placing one elbow in each of the Ab Straps or firmly grasp one overhead handle with each hand.

FINISH

Stabilize and engage your core by tightening your midsection, then keeping both legs straight lift them up together to waist height. Return to starting position and repeat.

4

Hamstring Air Splits

15 Repetitions



START

Begin sitting on the ground facing the Main Straps, then place both heels inside each of the foot cradles. Lie down on your back with your palms facing down beside the body.

FINISH

Stabilize and engage your core by tightening your midsection, then lift your hips and low back off the floor. Maintain this position with your hips and low back off the floor as you externally rotate and press both legs out to the sides of the body. Return to starting position and repeat.

5

2 Leg Hamstring Curl

15 Repetitions



START

Begin sitting on the ground facing the Main Straps, then place both heels inside each of the foot cradles. Lie down on your back with your palms facing down beside the body.

FINISH

Stabilize your core by tightening your midsection, then lift your hips and low back off the floor. Maintain the position with your hips and low back off the floor as you pull your feet in towards the body. Return to starting position and repeat.

6

2 Leg Pike

12 Repetitions

**START**

Place one foot in each of the suspended foot cradles, toes in. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

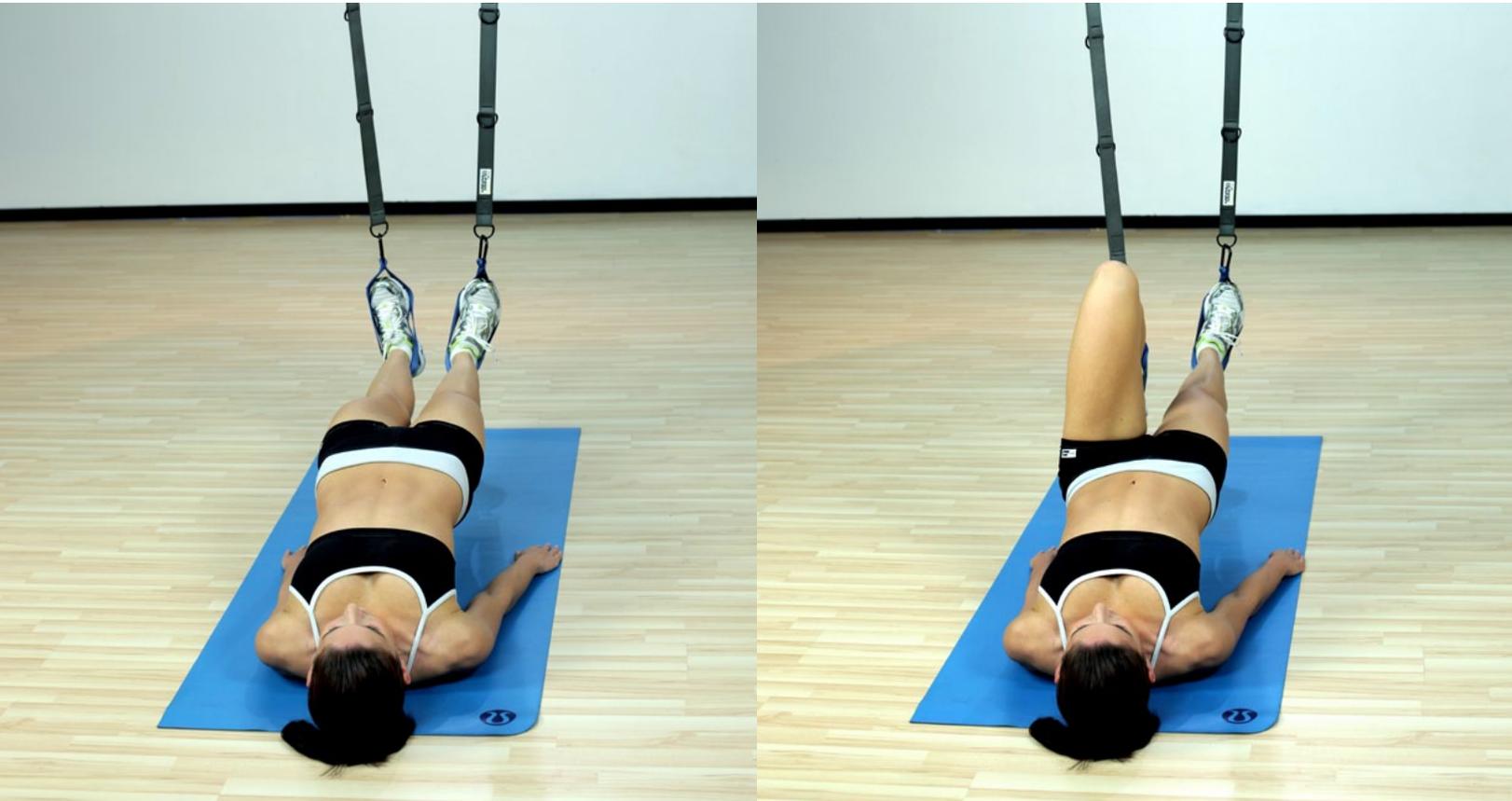
FINISH

Keeping the arms in a high plank position with both legs remaining straight, draw the hips upward and the feet towards the hands. This will create an inverted V with your body. Return to starting position and repeat.

7

Hamstring Alternating Bicycles

12 Repetitions per side



START

Begin sitting on the ground facing the Main Straps, then place both heels inside each of the foot cradles. Lie down on your back with your palms facing down beside the body.

FINISH

Stabilize your core by tightening your midsection, then lift your hips and low back off the floor. Maintain the position with your hips and low back off the floor as you pull your left foot in towards the body. Return to starting position as you pull your right foot in towards the body. Continue alternating legs until the desired number of repetitions is completed.

8

Air Splits

15 Repetitions



START

Place one foot in each of the suspended foot cradles, toes in. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

FINISH

Remain in the high push up plank position with engaged core muscles as you begin to externally rotate and press both legs out towards the sides of the body. Keep a straight spine throughout the movement. Return to starting position and repeat.

9

Speed Mountain Climbers

15 Repetitions per side



START

Place one foot in each of the suspended foot cradles, toes in. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position.

FINISH

Keeping the arms in a high plank position, pull the left knee in towards the chest as you keep the right leg in the suspended starting position. As you return the left leg to the starting position pull the right leg in towards the chest. Continue alternating legs until the desired number of repetitions is completed.

10

2 Knee Bent Pull-ins (optional Ab Straps)

15 Repetitions

**START**

Begin by placing one elbow in each of the Ab Straps or firmly grasp one overhead handle with each hand.

FINISH

Stabilize and engage your core by tightening your midsection, then lift both knees up together to waist height. Return to starting position and repeat.

11

Alternating Bent Knee Lifts (optional Ab Straps)

12 Repetitions



START

Begin by placing one elbow in each of the Ab Straps or firmly grasp one overhead handle with each hand.

FINISH

Stabilize and engage your core by tightening your midsection, then lift your right knee up to waist height. As you return the right leg to the starting position lift the left knee. Continue alternating legs until the desired number of repetitions is completed.

12**One Leg lifted Plank**

Hold 30 seconds per leg

**START**

Begin kneeling on the floor and then place one forearm in each of the Ab Straps. Walk the feet backwards until the straps are hanging vertically and the toes of both feet are on the ground supporting your body.

FINISH

Lift the right leg off the ground and maintain a straight spine with engaged core muscles for the desired length of time. Return to the starting position and repeat with the left leg lifted.

13

Overhead Crunch

12 Repetitions



START

Begin kneeling down on the floor with your back facing the Main Straps. Firmly grasp one handle in each hand and extend both hands above the head with the palms facing away from the body and your weight shifted forward.

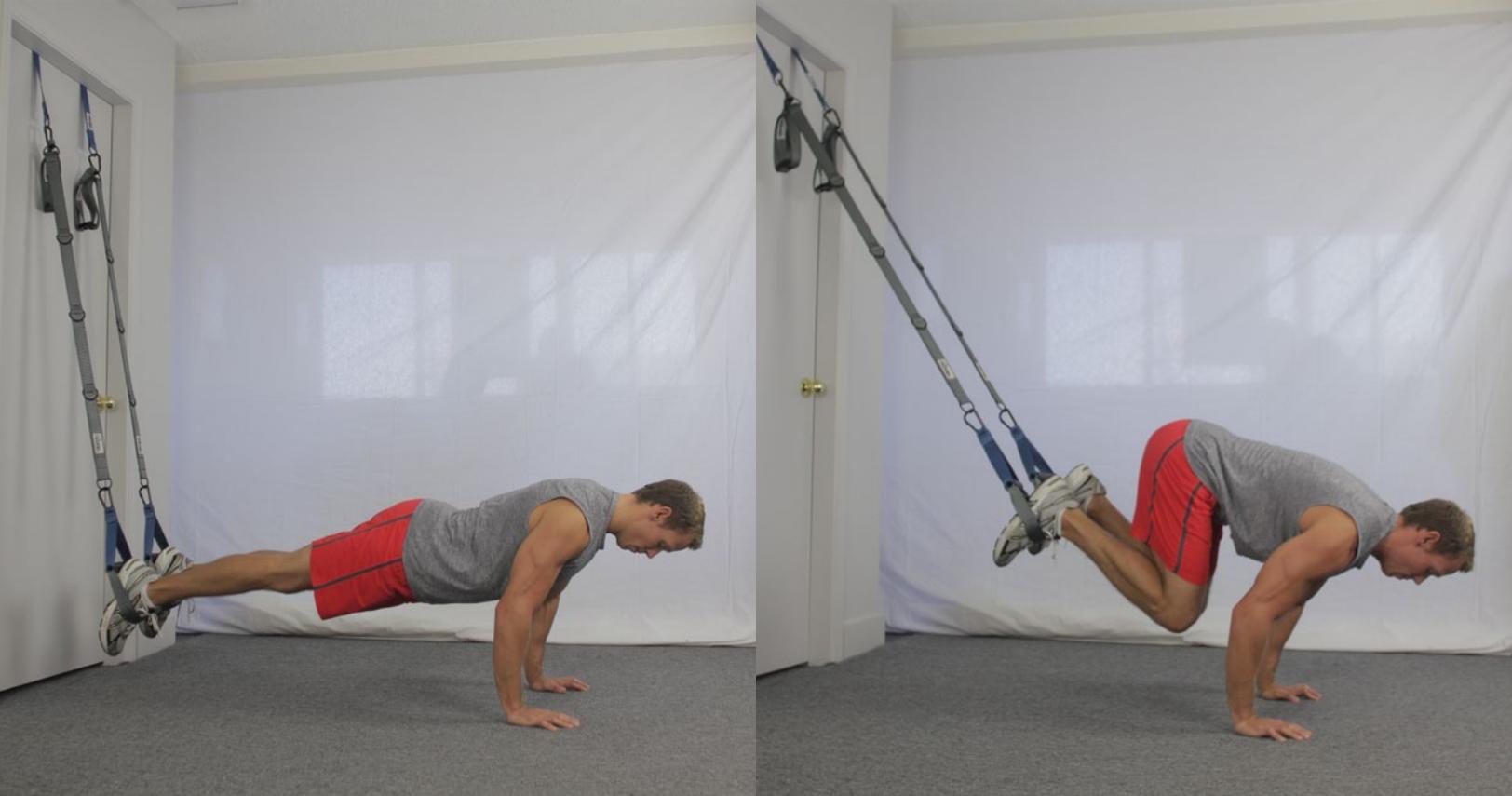
FINISH

Keeping the arms straight, press both hands down and forward until they are chest height. Return to starting position and repeat.

14

Two Knee Tuck

12 Repetitions

**START**

Place one foot in each of the suspended foot cradles, toes in. Walk the hands forward until the hands are directly under the shoulders. Keep the hands firmly placed on the ground in a high push up plank position, with your core engaged.

FINISH

Keeping the arms in a high plank position, draw both knees in towards the elbows. Return to starting position and repeat.