2 core exercises you're probably not doing and should be

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Featured topic

You don't need heavy weights or a gym membership to build a stronger core.

We break down two effective bodyweight exercises: Bird Dogs and Mountain Climbers. Learn proper technique, common form tips, recommended reps and sets, and the key muscle groups each exercise targets.

Bird Dogs help improve core stability, balance, and spinal support by engaging muscles throughout the abdomen, back, hips, and pelvis. Mountain Climbers add a cardio challenge while strengthening your core, shoulders, and legs.

Whether you're just getting started or looking to add variety to your fitness routine, these exercises can help you build strength, improve stability, and support everyday movement right from home.

Remember: Focus on good form, move at your own pace, and stay consistent.

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Transcript

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Narrator: Want to build a stronger core without spending hours in the gym lifting heavy weights? We've got two exercises to improve your core you never need to leave home for-- Mountain Climbers and Bird Dogs.

First, the Bird Dog. And you guessed it. It's named after a hunting dog pointing towards its prey. To start, get on your hands and knees with your hands under your shoulders and knees under your hips. Keep your head and neck aligned with your spine, looking straight down at the floor.

Engage your core. Draw your belly button up and in towards your spine to brace your core. Extend your opposite limbs. Start with the right arm forward and your left leg back. Keep your back flat, tighten your core, and try not to wobble. Hold and control. Pause at the top of the extension for two to five seconds, while keeping your hips and shoulders level with the floor.

Bring them back in, then switch sides. That's one rep on each side. The Bird Dog works out the large group of muscles in the abdomen, back, pelvis and hips that serve to stabilize the spine.

Now it's time to pick up the pace with Mountain Climbers. This one got its name from its resemblance to the leg-drive movements used by people scrambling up steep, inclined mountain slopes.

Start in a high plank, hands under your shoulders. Engage your core, squeeze your glutes and flex your quadriceps. Lift your right foot and pull your right knee forward toward your chest. Quickly extend your right leg back to the starting position while simultaneously driving your left knee forward to your chest.

Alternate legs back and forth smoothly, keeping a steady pace and a flat back. Keep your core tight, your hips steady, and your hands planted. Want a challenge? Speed it up. This exercise gets your heart pumping while challenging your core, shoulders, and legs. Feel that burn?

Try both of these at-home core workouts. Focus on good form and challenge yourself at your own pace. You don't need a gym to get good results.

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