

# Core Strengthening Exercises for Beginners

Core strengthening exercises for beginners shows how you can get a firmer, more toned midsection that helps you perform everyday functions without back pain.

Your abs (abdominal muscles) form only a part of your core. Situps and crunches work only some of the core muscles. Your core is, basically, everything that is not your arms and legs. The core muscles include muscles in the neck, chest, back, shoulders, abdominal muscles, and muscles in the hip area.

Your [core muscles](#) give your body power and stability and are involved in almost every movement of your body. Strong core muscles help practically every daily activity. Strong core muscles help prevent back injury and ensure good posture and good spinal alignment. Every time you bend down, turn to look around, pick something up, sit down or stand up, or even sit still, you're using your core muscles.

While most people want to show off their abs, the entire core is critical. Working all your core muscles, as well as arm and leg muscles, helps the body burn fat. And, for most people, burning fat in the midsection is essential to show off your abs.

Most people have a layer of fat that covers their abs. So, even if you have well developed abs, nobody can see them because they are hidden by a layer of fat. Many people say that you build your abs in the gym. But, you reveal them in the kitchen.

So, if you are just starting out you'll want to do core strengthening exercises for beginners. You also need to manage your diet to prevent you from adding to your fat layer. Your diet can also help you burn more fat. See our section about

[how to lose belly fat.](#)

## Core Strengthening Exercises for Beginners

The following 5 minute workout is designed to be a set of core strengthening exercises for beginners. It concentrates on abs. It consists of the following exercises:

1. Lying knee twist
2. Crunch to Opposite Knee
3. Planks
4. Alternating knee raises
5. Heal touches

This 5 minute routine will be over before you know it. Visit <http://hasfit.com/workouts/home/ab/easy-core-exercises/> for the workout's instructions, more videos, free meal plans, and other health tips. <http://hasfit.com> for the best free easy ab workouts, beginner ab workout, easy core exercises, beginner core exercises, easy abs workout, easy ab exercises, easy stomach exercises, beginner core workout, and easy abdominal exercises.

Download the HASfit app:

Android <http://goo.gl/q1rpi0> – iPhone <http://goo.gl/6N3gfS>

We hope you enjoyed these core strengthening exercises for beginners. Look for more exercises to [develop your core and abs](#) to strengthen your core muscles.