SKIP SIT-UPS. Say goodbye to bicycles. To torch the core, all you need to do is lift weights and breathe deep. "All major lifts are a core exercise," says Joanna Castro (shown here), NASM-CPT, coach at Body Space Fitness in New York City. That's because they all incorporate a "vertical plank" (like a regular plank, but standing up), which is maintained throughout each move.

To practice a vertical plank, start by standing tall, driving your feet into the ground with soft knees. Tuck your butt under slightly by pulling your belly button toward your spine and squeezing the glutes. Also, make two fists down by your sides. Take big inhales through the nose and exhales through the mouth in this position, engaging the entire body, especially those abs. "When we create tension in our entire bodies, we create stability," Castro explains. "If we're not stable, we're not as efficient through the work." Here's a sneak peek at a few of the moves in our workout online—they'll make you strong to the core.



GET THE WORKOUT
Hover your phone's camera over the smart code for Joanna's complete core workout.

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Farmer's March

Start standing with feet hip-width apart, kettlebell or dumbbell in left hand, held slightly away from the body. Hold the right hand in a fist either at your shoulder, out to the side, or down by your side (whatever is most comfortable for you) to create tension on that side. Engage the abs and maintain a tall posture, shoulders over hips over ankles (think about your vertical plank). Then, drive left knee in toward the chest, squeezing the right butt cheek. Step the left foot back down and repeat with the right knee. Continue alternating for 30 to 45 seconds. Then switch the weight to your right hand and repeat.

Styling by Gabrielle Porcaro; hair and makeup by Adrian Alvarado for Honey Artists; tank top: Vuori; sports bra: Summersalt; leggings: Splits 59; sneakers: Reebok

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