

ON-PAGE SEO RECOMMENDATIONS

Blog Details

Draft Due Date	
Recommended Word Count	1018
Brief Status	Completed ▾
Publish Date	

Brand Details

Company Name	MyFitnessCoach
Website URL	https://myfitnesscoach.fit/

Tone Guide	• Avoid passive voice. Be very clear about the actor and the action they're taking. • Be concise. Avoid long sentences and reduce wordiness (while maintaining the right tone) • Make content scannable. Use appropriate headers, lists, and tables to break up the text. • Skip unnecessary punctuation. Generally avoid dashes, semicolons, and other punctuation that leads to long sentences. • Do not use periods in lists unless one or more list items has more than one sentence. • Avoid exclamation marks.
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Article Details

Page Type	Blog Post
Page Title	Core Workouts At Home To Improve Your Overall Fitness
Meta Description	Looking to improve your overall fitness? Try these core workouts at home. Our expert tips and techniques will help you achieve better health and fitness.
Preferred URL	blogs/workouts/core-workouts-at-home/

Primary Keyword	Core Workouts At Home
Secondary Keywords	• MyFitnessCoach
People Also Ask (PAA)	• What are the best core exercises to do at home? • How do I start core workout at home? • Is core the same as abs? • How can I tone my core fast?
Internal links	<i>Please add internal links to the following relevant blogs:</i> • https://myfitnesscoach.fit/ • https://play.google.com/store/apps/details?id=com.myfitnesscoach&pli=1
External links	Please add external links to the following relevant blogs: • https://www.healthline.com/health/best-core-exercises • https://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/core-strength/sls-20076575?s=2 • https://www.cuemath.com/geometry/90-degree-angle/
CTA Information	Encourage the reader to learn more or acquire our product:

	• Link to: https://myfitnesscoach.fit/
References/Sources	• Verywell Fit - 20-Minute Core Workout: 7 Exercises You Can Do at Home • Healthline - Best Core Exercises: Top Moves, from Beginner to Advanced • SELF - A 15-Minute No-Equipment Core Workout to Do at Home • Nerd Fitness - The Ultimate Guide for the Best Core Exercises: How to Strengthen Your Core

Related Terms

Please naturally place the keywords listed below within the article at the required frequency.

Keyword	Frequency

Summary:

Main values we are looking to share with the reader

- What is the key problem of the reader?
 - Introduced in a catchy way during the first paragraph (with mention of the focus keyword)
- What is the way to solve this problem?
 - Analyze solutions
 - Choosing the right one, and why
- How you know you've done it right and solved the problem
- The solution that ultimately solves the need (a tool/set of tools, the blog itself, tips within the blog, resources such as e-book, webinars, etc.)

- Summary - the aha moment of this topic.

Note: All the descriptions provided in the headings are solely recommendations for the writer to understand what they entail and what should be included in them.

Content Brief Outline:

Plagiarism Report:

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Brief Checklist:

Primary keyword utilization in title, h1, meta description and URL	☐
In range character count of title and meta description	☐
Primary keyword focused content	☐
Relevant internal and external links	☐
Heading Flow	☐
Appropriate concept of the content	☐
Relevant CTA	☐
Justified word count	☐
Brief properly formatted	☐

Plagiarism Check	☐
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Writer Checklist:

# of tables	☐
# of lists	☐
# of bullet points	☐
Did you bold a sentence in each H2?	☐
# of internal links	☐
# of external links	☐
Did you proofread?	☐
How many words?	☐

Content Outline:

H1: Easy And Effective Core Workouts At Home



Home Workout

The world is constantly changing and getting fast-paced. You can find it pretty challenging to take time from your busy schedule to visit the gym. However, having a fitness routine and maintaining a strong core are essential to health. This ensures overall fitness and stability.

Don't get worried you don't need to get through the tedious gym routine to stay fit and healthy. You can achieve your fitness goals from the comfort of your own home. This article will explore easy and effective core workouts you can effectively do at home. You will need minimal equipment to get maximum results while at home.

H2: Classic Plank Workout

The plank is a classic workout that focuses on the entire core. Mainly, it targets the **abdominal muscles**, back, and glutes. It's not very difficult to perform a plank. You need to lie on the floor with your face down. Place your forearms flat on the ground. Elbows should be directly under your shoulders. Now, you lift your body off the floor, making sure it makes a straight line from your head to your heels. You need to maintain this position for as long as you can.

It is very important to know your body's stamina. You start with a short duration and increase it progressively. This exercise targets your core muscles and helps you improve your posture. It also ensures overall stability and muscle strength.

H2: Crunches A Strength Workout

This exercise is highly effective and directly engages with rectus abdominis (six-pack) muscles. It's a relatively challenging workout that requires strength. You begin by lying on your back, and your knees should be bent. You can place your hands behind your head. Your elbows should be pointing out to the sides. Keep your feet flat and lift your shoulders off the floor. While lifting your shoulders towards your knees, ensure your lower back stays connected with the ground. You can hold there for a moment and then slowly return to the original position.

You can repeat this for the desired number of repetitions. One thing to be noted; you should be using your abdominal muscles to lift your body rather than your neck.

H2: Russian Twists Workout

This is the best exercise for you if you want to strengthen your obliques and improve overall stability. It helps you have a defined waistline. It's very simple and easy to perform the workout at home.

Sit on the floor with your knees bent and your feet flat on the ground. Lean back slightly and lift your feet a few inches off the ground. Make sure your back is straight. Hold your hands together in front of your chest and twist your upper body to the right. Touch the floor with your hands, return to the center, and twist to the left. Repeat this exercise for as long as your body permits.

If you want to make it more challenging, you can hold a weight while doing the twists.

H2: Leg Raises For Lower Body

Leg raises initially focus on the lower parts of your body. Different variations of leg raises can easily be performed at home. Lie flat on your back, and your arms should be by your sides. Keep your legs straight, then lift them off the ground. Lift the legs until they make a **90-degree angle** with your upper body. Slowly bring your legs back to the original position but don't let them touch the floor. You can repeat the exercise at your convenience.

H2: Squats Workout

Squats are a very effective exercise to work on your lower body muscles. It mainly targets your thighs, calves, and hamstrings. It improves muscle strength and overall functional fitness.

To perform squats correctly, you need to stand firm with your feet slightly wider than hip-width. Your toes should be pointing slightly outwards. Your chest needs to be elevated, and you should be gazing forward. You start the exercise by bending at your knees and hips. You should push your hips back as if sitting on an imaginary chair. Lower your body down and ensure your thighs are parallel to the ground. Or you can go lower even more according to your comfort. You just need to maintain proper form. Your

knees should align with your toes, and they do not fall inward. Finally, push through your heels and engage your glutes to return to the starting position. Repeat this for the desired number of repetitions.

H2: Mountain Climbers

Mountain climbers are a dynamic workout that targets the entire core. It's the best exercise for your cardiovascular system. It makes the blood flow rush, ensuring the best cardio exercise. You can start in a high plank position with your hands under your shoulders. Bring one knee close to your chest and quickly switch your legs by extending one leg back while pulling the other towards your chest. You can keep practicing this running while ensuring a stable core. You should not be doing excessive bumping and jerking. This will exhaust your body quickly, affecting the desired results.

H2: How To Achieve Best Results

Achieving your desired physique and a healthy lifestyle is not necessarily linked to a gym trip. And you don't always require any equipment either. With these **easy and effective core workouts** that can be done at home, you can build up your muscles and improve overall fitness. You can enhance stamina and improve stability. To achieve the best results from core workouts at home, here are some tips that can help:

- Compound exercises like planks, mountain climbers, and bicycles are perfect for improving core strength while boosting overall fitness.
- To build your strength and endurance, incorporate resistance training into your routine by using items you have at home such as water bottles or resistance bands.
- To avoid injury and get the most out of your workouts, make sure you do each exercise correctly. Contract your core muscles as you work and keep your back from arching
- .Gradually increase the intensity and duration of your workouts over time. Start with a few exercises and gradually add more as your fitness level improves.

By following these tips, you can achieve the best results from your core workouts at home and improve your overall fitness.

H2: Best App For Core Workouts



You can get free access to all the above-mentioned exercises on [MyFitnessCoach](#) App. Download and enjoy working out at home with exercises including left leg, bent leg training, ab exercise, bicycle crunch, side to side, side plank & more. Visit the website to know more about MyFitnessCoach.

