

Core Training



I did a workout at home everyday. This picture is me doing core training on a balance ball. I trained my body trunk. I'm a member of the handball club. So, I want to gain more muscle in my lower body. This training was for 25 minutes. I did a lot of training at home. The hardest training was a balance ball training. After this training, I felt a sense of achievement. I want to continue training at home everyday.
