

Kareena Kapoor Khan's Power-Packed Core Workout Routine Revealed

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Actress **Kareena Kapoor Khan** continues to inspire fans through her dedication to fitness. Recently, her trainer **Mahesh Ghanekar** shared her **core workout routine**, revealing exercises that target strength, stability, and flexibility. Consequently, the video has gone viral, motivating fitness enthusiasts to try her regimen.

Key Exercises in Her Routine

1. Elevated Plank Hip Dips

First, Kareena performs **elevated plank hip dips**. By rotating her hips downward, she engages the obliques more effectively. Additionally, this variation strengthens the core stabilizers. As a result, it enhances overall balance and posture.

2. Yoga Wheel Core Exercise

Next, she incorporates a **yoga wheel**, performing leg raises or V-ups. Since the wheel supports her lower back, the movement allows deeper engagement. Therefore, the exercise activates the abdominals, obliques, and lower back simultaneously.

3. Handstand Against a Wall

Furthermore, she practices **handstands against a wall**. While this develops shoulder strength, it also engages the core and stabilizes the spine. Moreover, it improves balance and enhances body awareness.

4. Sit-Through Exercise

Then, Kareena performs the **sit-through exercise** in a plank-like position. By extending one leg while rotating, she strengthens obliques and lower body simultaneously. Consequently, it promotes functional movement and enhances flexibility.

5. Kettlebell Swings

Finally, she completes the routine with **kettlebell swings**. This explosive exercise engages the glutes, hamstrings, and core while boosting cardiovascular endurance. Additionally, it provides a total-body strength component, rounding out her workout.

Benefits of Kareena's Routine

Overall, the combination of these exercises ensures comprehensive **core strengthening**. Moreover, it improves balance, flexibility, and endurance. Therefore, following this regimen regularly helps achieve a toned midsection and

stronger posture.

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