CLAIMS:

1. An exercise sled for performing a core strengthening exercise routine, the exercise sled comprising a load bearing body having a bottom which is configured to slide on a ground surface by pushing or pulling by a person performing the exercise routine, a front end which has wall portions for receiving the hands, knees or feet of the person, a rear end which has wall portions for receiving the feet of the person, an intermediate region between the front and rear ends and which has an elevated portion separating a first ramp portion at a first side of the intermediate region from a second ramp portion at a second side of the intermediate region, wherein each of the first and second ramp portions has a forward facing ramp surface and a rearward facing ramp surface, and wherein a first open recess is located between the wall portions at the front end and the forward facing ramp surfaces, and a second open recess is located between the wall portions at the rear end and the rearward facing ramp surfaces; and wherein the first ramp portion and the second ramp portion are integrally formed with or are configured to be fixed to the body.

2. The exercise sled of claim 1, wherein the wall portions at the front end comprise a pair of wall portions.

3. The exercise sled of claim 1, wherein the wall portions at the rear end comprise a single continuous wall.

4. The exercise sled of claim 1 wherein the rearward facing ramp surface is steeper than the forward facing ramp surface.

5. The exercise sled of claim 1 wherein the intermediate region has a rear surface which has two openings separated by a wall section, the openings having internal passageways which are interconnected.

6. The exercise sled of claim 1 wherein the front end has a front surface which has two openings separated by a wall section, the openings having internal passageways which are interconnected.

7. The exercise sled of claim 5 further comprising an elastically stretchable line which forms a loop around the wall section of the rear surface of the intermediate region after the elastically stretchable line is fed into one of the openings and then exits from the other opening, and the elastically stretchable line has free ends which are connected together around an external anchor point.

8. The exercise sled of claim 6 further comprising an elastically stretchable line which forms a loop around the wall section of the front surface of the front end after the elastically stretchable line is fed into one of the openings and then exits from the other opening, and the elastically stretchable line has free ends which are connected together around an external anchor point.

9. The exercise sled of claim 1 further comprising a pair of foot straps attached to the rearward facing ramp surfaces.

10. The exercise sled of claim 1 further comprising an opening in one or each of the rearward facing ramp surfaces for inserting into the or each opening a required weight to increase the load of the load bearing body.