



Bodyweight Core Level 1: Week 1: Day 1

35min



3 sets
per exercise

10 reps
per set

45 secs
rest between sets



For each exercise, perform 3 sets of 10 repetitions, resting 45 seconds between sets, unless otherwise indicated.

Use your own bodyweight as resistance.

A strong core not only looks good but functions well. It's also essential for all-around strength development.

This bodyweight core program is designed to get you maximum results using just your own bodyweight.

Each week of this 6-week program contains three workouts. They should be performed in sequence with 1 day of rest in-between.

Equipment: Bodyweight

Dead Bug Abs

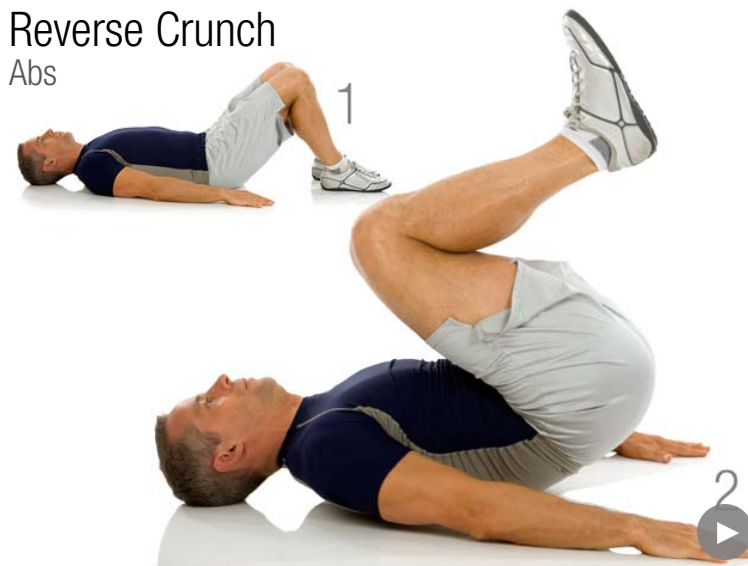


- 1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.
- 2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.

- Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Reverse Crunch Abs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
- 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.

- Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.
- Keep your upper body stable throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



3 sets
per exercise

10 reps
per set

45 secs
rest between sets

Lower Body Twist Abs



- 1 - Lie on your back with your knees bent and feet raised, placing your hands at your sides.
 - 2 - Roll your legs to one side touching your knee to the floor.
- Roll your legs to the opposite side to touch, keeping your knees bent and your upper body stable throughout.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Glute Bridge Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Russian Twist Abs



- 1 - Start in a sit up position with your feet flat, knees bent and your arms extended out in front at chest height.
 - 2 - Twist your torso to one side.
- Twist your torso back to the other side, keeping your feet flat and arms straight throughout.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



3 sets
per exercise

10 reps
per set

45 secs
rest between sets

Quad Hip Extension Lower Back



- 1 - Begin on all fours with both knees & hands on the floor.
- 2 - Raise one leg straight up behind to shoulder height.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			