



Bodyweight Core Level 1: Week 1: Day 2

35min



3 sets
per exercise

15 reps
per set

45 secs
rest between sets



For each exercise, perform 3 sets of 15 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

Crunch Abs



1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.

2 - Lift your head and shoulders off the floor, keeping your feet flat.

- Do not pull your head up with your hands.
- Lower your head and shoulders and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Alternate Leg Lowering Abs



1 - Lie on your back with your legs straight up and your arms by your sides.

2 - Lower one leg straight down towards the floor.

- Raise this leg back up and lower the other leg down.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



Oblique Heel Touch

Abs



1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.

2 - Reach one hand to your heel on the same side.

• Return to the start position and reach to the other heel with the other hand, keeping your back on the floor throughout.

• Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Front Bridge

Lower Back



• Lie face down on the floor with your legs straight and arms tucked in by your sides.

1 - Raise your body off the floor, resting on your toes and forearms.

• Try to maintain your body in a straight line and keep your back neutral/flat.

• Hold briefly, then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	
2			30.0	
3			30.0	

Scissor Kick

Abs



• Lie on your back with your legs straight and your arms by your sides.

1 - Raise your legs straight up off the floor about 12 inches and cross your ankles.

2 - Open your legs wide out to the sides.

• Close and open your legs in scissor like movements.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



Lying Superman Lower Back



- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
 - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			