

Bodyweight Core Level 1: Week 1: Day 2

3 sets

15 reps

45 Secs rest between sets





For each exercise, perform 3 sets of 15 repetitions, resting 45 seconds between sets, unless otherwise indicated.

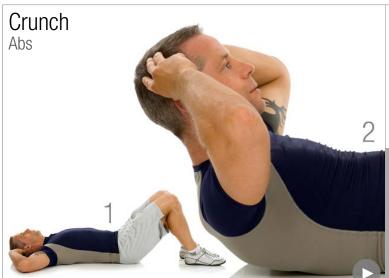
Use your own bodyweight as resistance.

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



- 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			



- 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			





- 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	



- 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			





- 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			