



Bodyweight Core Level 1: Week 1: Day 3

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

Feet Up Crunch Abs



- 1 - Lie on your back with your knees bent, feet raised and your hands at the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Hip Raise Abs



- 1 - Lie on your back with your legs straight up in the air and your hands by your sides.
 - 2 - Push your feet up towards the ceiling, raising your hips off the floor.
- Use your abdominal muscles to pull you up and do not push with your hands.
 - Lower your hips back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



3 sets
per exercise

10 reps
per set

45 secs
rest between sets

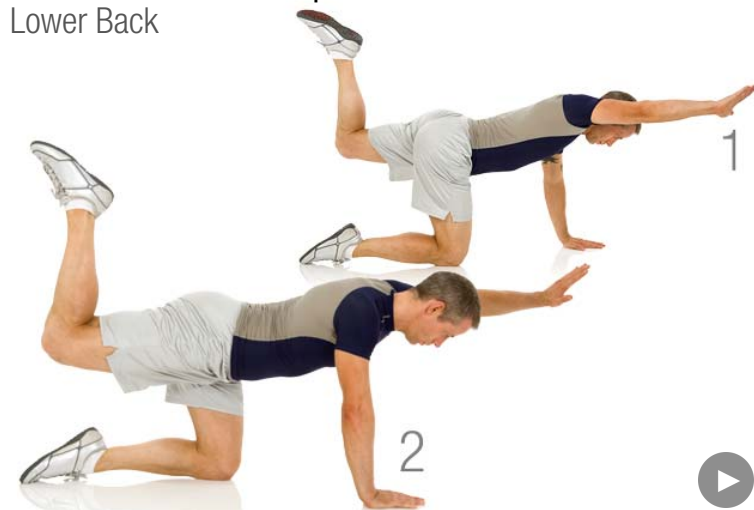
Twisting Crunch Abs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands to the sides of your head.
- 2 - Lift your head and shoulders off the floor and twist your torso to one side.
 - Try to bring one elbow toward the opposite knee and keep your feet flat on the floor throughout.
 - Lower your head and shoulders then repeat, twisting to the other side.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Modified Quad Superman Lower Back



- Begin on all fours with both knees & hands on the floor.
- 1 - Raise one arm and the opposite leg bent 90 degrees at the knee up to shoulder height.
 - 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Side Bridge Abs



- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
- 2 - Raise your body off the floor, resting on your forearm and foot.
 - Try to keep your body in a straight line and your elbow directly under your shoulder.
 - Hold, then lower yourself back to the floor and repeat.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1			20.0	
2			20.0	
3			20.0	



3 sets
per exercise

10 reps
per set

45 secs
rest between sets

Alternating Superman Lower Back



- Lie face down on floor with your legs straight and your arms outstretched overhead.
- 1 - Raise one arm and the opposite leg straight up about 18 inches off the floor.
- 2 - Lower both and repeat with the other arm and leg, keeping your arms and legs straight throughout and your head steady.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			