



Bodyweight Core Level 2: Week 1: Day 1

40min



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.

Continue to sculpt and tone your midsection with awesome core workouts using just your own bodyweight.

Bodyweight Core Level 2 will help increase the gains made in Level 1.

Each week of this 6-week program contains four workouts.

Perform the first 2 workouts one day after the other. Take a day of rest, and then perform the next 2 workouts one day after the other.

Equipment: Bodyweight

Mountain Climber

Abs



- Support your body on your toes and hands with your arms straight
- 1 - Bring one knee in toward your chest, keeping the rest of your body in the push up position.
- 2 - Straighten this leg and repeat on the other side.
- Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Bench Jack Knife

Abs



- 1 - Lie your body across a bench with your legs straight out, holding the side of the bench.
- 2 - Lift your upper body into a crunch while also bringing your knees into your chest.
- Lower your upper body and legs back out straight and repeat.
- Hold onto the side of the bench throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



3 sets
per exercise

15 reps
per set

45 secs
rest between sets

Lying Leg Raise

Abs



- 1 - Lie on your back with your legs straight and your hands by your sides.
 - 2 - Raise your legs straight up, slightly lifting your lower back off the floor.
- Slowly lower your legs to tap your heels on the floor and repeat.
 - Keep your upper body stable and your legs straight throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Elevated Side Bridge

Abs



- Lie on one side propped up on one elbow with your feet on a bench and your legs straight out on top of one another.
- 1 - Raise your body off the floor, resting on your forearm with your feet stacked on the bench.
- Hold, keeping your body in a straight line and your elbow directly under your shoulder 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	

Uni Hip Thrust

Legs



- 1 - Lie with your shoulders on a bench, one foot on the floor, the other raised and your hips nearly touching the floor.
 - 2 - Rapidly raise your hips up, bringing them in line with your shoulders and your torso parallel to the floor with the raised foot above the opposite knee.
- Lower and repeat, keeping the one foot off the floor.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



3 sets
per exercise

15 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	15			
2	15			
3	15			