



Bodyweight Core Level 2: Week 1: Day 2

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

V-Up Abs



1 - Lie on your back with your legs straight and your arms stretched out overhead.

2 - Raise your legs straight up while also lifting your upper body off the floor and reach your hands toward your feet, keeping both your arms and legs straight.

- Slowly lower your upper body and legs back to the floor and repeat, keeping the reps smooth.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Jack Knife Abs



1 - Lie on your back with your legs straight and hands to the sides of your head.

2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.

- Try to get your elbows to meet your knees in the middle.
- Lower your upper body and legs and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



3 sets
per exercise

15 reps
per set

45 secs
rest between sets

Twisting 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 and twist them to one side.
- Lower your hips back to the floor and repeat, twisting to the other side.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Side Bridge & Abduction

Abs



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

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			

Front Bridge to T

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.
 - 2 - Raise one hand up while rotating your body to the same side and look up at your hand.
- Hold, then lower yourself back to the floor and repeat, twisting up to the other side.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



3 sets
per exercise

15 reps
per set

45 secs
rest between sets

Glute Bridge Slide Legs



1 - Lie on your back with your legs straight out and your heels on a towel with your hands by your sides.

2 - Drag your heels on the towel in toward your buttocks, as you raise your hips and lower back off the floor, making a straight line from your knees to your shoulders.

- Slide your heels back out to a straight leg position, lowering your hips and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			