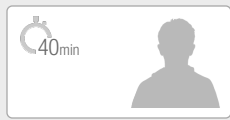




# Bodyweight Core Level 2: Week 1: Day 3



**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

## Sit Up 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 upper body completely off the floor, bringing your chest to your knees.

- Keep your feet flat and knees bent and do not pull your head up with your hands or throw yourself up off the floor.
- Lower your upper body back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Ab Chopper Abs



1 - Lie on your back with your knees bent and feet flat and your arms stretched overhead.

2 - Lift your upper body and arms completely off the floor and reach your arms to one side.

- Keep your feet flat and knees bent and do not throw yourself up off the floor.
- Lower your upper body and arms back to the floor and repeat 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

## Side Leg Lift Legs



- 1 - Lie on your side with your head resting on a rolled up towel and your legs straight with one on top of the other.
  - 2 - Raise both legs up off the floor together about 12 inches.
- Lower and repeat.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Side Bridge Crunch Abs



- 1 - Prop your body up off the floor on your forearm with your legs straight out on top of one another with your top hand to the side of your head.
  - 2 - Lower your top elbow down towards the floor, twisting your torso to this side.
- Twist your torso and raise your elbow back up to the start position and repeat.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Front Bridge Hip Drop 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 - Lower one hip down to the floor, twisting your torso to this side slightly.
- Hold briefly, return to the top position then lower down to the other side with the opposite hip.
  - 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

## Seated Abdominal Hold Abs



1 - Sit on a chair or bench with your feet flat on the floor and hands to the side of the chair or bench.

2 - Push down with your hands, raising your body up a few inches and hold, keeping your arms straight and your feet raised.

- Lower back down and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	
2			30.0	
3			30.0	