



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,

## Four Part Crunch

Abs



1 - Lie on your back with your knees bent and your feet flat, hands at the sides of your head.

2 - Raise your feet off the floor, bringing your knees in towards your chest.

3 - Lift your head and shoulders off the floor, bringing your elbows towards your knees.

4 - Lower your head and shoulders back to the floor.

5 - Lower your feet back to the floor.

• Repeat the whole sequence.

| # | REPS | WEIGHT | TIME | NOTES |
|---|------|--------|------|-------|
| 1 | 15   |        |      |       |
| 2 | 15   |        |      |       |
| 3 | 15   |        |      |       |

## Resisted Reverse Crunch

Abs



• Lie on your back with your knees bent and feet raised, placing your hands on your knees

1 - Forcefully contract your abdominals, trying to bring your knees into your chest while you resist the movement with your hands, pushing the opposite way against your knees.

• Hold then relax briefly and repeat.

| # | REPS | WEIGHT | TIME | NOTES |
|---|------|--------|------|-------|
| 1 | 15   |        |      |       |
| 2 | 15   |        |      |       |
| 3 | 15   |        |      |       |



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## Alternating V-Up Abs



- 1 - Lie on your back with your legs straight and your arms stretched out overhead.
  - 2 - Raise one leg straight up while also lifting your upper body off the floor and reach your opposite hand towards your foot, keeping both your arm and leg straight.
- Lower both and repeat using the opposite arm and leg.
  - 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   |        |      |       |

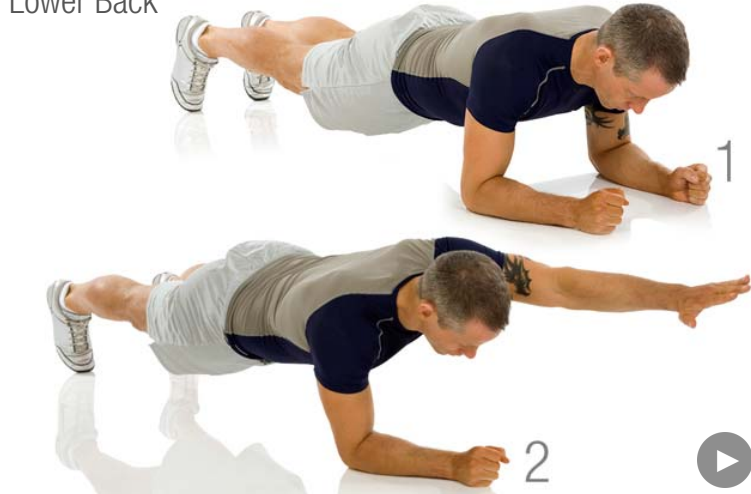
## Knee In Side Bridge Abs



- Lie on one side propped up on one elbow with your legs straight out on top of one another.
- 1 - Raise your body off the floor, resting on your forearm and foot.
  - 2 - Bend your top knee, bringing it toward your chest, keeping your body in a straight line and your elbow directly under your shoulder.
- Complete all reps on one side before switching to the other side.

| # | REPS | WEIGHT | TIME | NOTES |
|---|------|--------|------|-------|
| 1 | 15   |        |      |       |
| 2 | 15   |        |      |       |
| 3 | 15   |        |      |       |

## Front Bridge & Arm Raise 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 arm straight out in front, keeping your body in a straight line and your back flat.
- Hold, then lower your arm back to the floor and repeat with the other arm.
  - Alternate sides with each rep.

| # | REPS | WEIGHT | TIME | NOTES |
|---|------|--------|------|-------|
| 1 | 15   |        |      |       |
| 2 | 15   |        |      |       |
| 3 | 15   |        |      |       |



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45 secs  
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## Uni Glute Bridge Slide Legs



1 - Lie on your back with one leg straight out and your heel on a towel and the other leg bent 90 degrees at the knee with your foot raised.

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

- Slide your heel back out to a straight leg position, lowering your hips and repeat.
- Complete all reps on one side before switching to the other side.

| # | REPS | WEIGHT | TIME | NOTES |
|---|------|--------|------|-------|
| 1 | 15   |        |      |       |
| 2 | 15   |        |      |       |
| 3 | 15   |        |      |       |