

CORE

Body Weight Exercises

CRUNCH

Rectus Abdominis, External Obliques, Internal Obliques



Lie on your back with knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

OBLIQUE CRUNCH

Rectus Abdominis, External Obliques, Internal Obliques



Lie on your back with knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

HIP LIFT CRUNCH

Rectus Abdominis, External Obliques, Internal Obliques, Hip Flexors



Lie on your back with your legs straight up, knees at 90 degrees. Lift your hips off the floor. Repeat in other side.

REVERSE CRUNCH

Rectus Abdominis, External Obliques, Internal Obliques



Lie on your back with your legs straight up, knees at 90 degrees. Lift your hips off the floor. Repeat in other side.

V CRUNCH

Rectus Abdominis, External Obliques, Internal Obliques, Transverse Abdominis, Hip Flexors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

SIT UP

Rectus Abdominis, External Obliques, Internal Obliques, Hip Flexors



Lie on your back with knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

FLUTTER KICKS

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors, Hip Adductors



Lie on your back with knees at 90 degrees, palms resting on the floor. Lift your hips off the floor. Repeat in other side.

SIDE V CRUNCH

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors



Lie on your back with knees at 90 degrees, palms resting on the floor. Lift your hips off the floor. Repeat in other side.

MOUNTAIN CLIMBER

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors, Hip Adductors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

PLANK

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors, Hip Adductors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

SIDE PLANK

Rectus Abdominis, External Obliques, Internal Obliques, Transverse Abdominis, Hip Flexors, Hip Adductors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

BIRD DOG

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors, Hip Adductors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

BIRD DOG + KNEE TOUCH

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors, Hip Adductors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

BRIDGE

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors, Hip Adductors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

TOE TOUCH

Rectus Abdominis, External Obliques, Internal Obliques, Hip Flexors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

HEEL TOUCHES

Rectus Abdominis, External Obliques, Internal Obliques, Transverse Abdominis



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

BRIDGE AND REACH

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors, Hip Adductors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

RAISED LEG CRUNCH

Rectus Abdominis, External Obliques, Internal Obliques, Hip Flexors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

BICYCLE KICKS

Rectus Abdominis, External Obliques, Internal Obliques, Transverse Abdominis, Hip Flexors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.

SUPERMAN

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors



Start by lying on your back, knees bent and feet flat on the floor. Biceps touching thighs. Roll your head, shoulders and upper back off the floor. Repeat in other side.



Safety Rules:

1. Always use proper form and technique.
2. Stop if you feel pain or discomfort.
3. Consult your doctor if you have any medical conditions.

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Bodyweight Training Poster Chart Core

S. S OMESS



Bodyweight Training Poster Chart Core:

Bodyweight Workout Chart S. S OMESS,2020-08-28 Features Contains Space For Exercise Sets Reps Contains Space For Cardio Time Distance Intencity 6 x 9 In Cover 100 Pages Glossy Cover

This book delves into Bodyweight Training Poster Chart Core. Bodyweight Training Poster Chart Core is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Bodyweight Training Poster Chart Core, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Bodyweight Training Poster Chart Core
 - Chapter 2: Essential Elements of Bodyweight Training Poster Chart Core
 - Chapter 3: Bodyweight Training Poster Chart Core in Everyday Life
 - Chapter 4: Bodyweight Training Poster Chart Core in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Bodyweight Training Poster Chart Core. This chapter will explore what Bodyweight Training Poster Chart Core is, why Bodyweight Training Poster Chart Core is vital, and how to effectively learn about Bodyweight Training Poster Chart Core.
 3. In chapter 2, the author will delve into the foundational concepts of Bodyweight Training Poster Chart Core. The second chapter will elucidate the essential principles that must be understood to grasp Bodyweight Training Poster Chart Core in its entirety.
 4. In chapter 3, this book will examine the practical applications of Bodyweight Training Poster Chart Core in daily life. This chapter will showcase real-world examples of how Bodyweight Training Poster Chart Core can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Bodyweight Training Poster Chart Core in specific contexts. This chapter will explore how Bodyweight Training Poster Chart Core is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Bodyweight Training Poster Chart Core. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Bodyweight Training Poster Chart Core.

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Bodyweight Training Poster Chart Core Introduction

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