

CORE

Body Weight Exercises

CRUNCH

Rectus Abdominis, External Obliques, Internal Obliques



Lie on your back with knees bent and feet flat on the floor. Keeping your lower back on the floor, contract your abdominals and lift your head and shoulders off the floor. Repeat for 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. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

MOUNTAIN CLIMBER

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors, Glutes, Hamstrings, Quadriceps, Calves



Begin in a standard plank position. Lift one knee up towards your chest, keeping your back flat on the floor. Repeat for other side.

BIRD DOG + KNEE TOUCH

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Erector Spinae, Glutes, Hamstrings



Begin in all fours with your hands flat, knees bent and feet flat on the floor. Contract your abdominals and lift one arm and the opposite leg off the floor. Repeat for other side.

BRIDGE AND REACH

Erector Spinae, Hamstrings, Glutes, Hamstrings, Transverse Abdominis, External Obliques, Internal Obliques



Lie on your back, knees bent and feet flat on the floor. Contract your abdominals and lift your hips off the floor. Repeat for other side.

OBLIQUE CRUNCH

Rectus Abdominis, External Obliques, Internal Obliques



Lie on your back with knees bent and feet flat on the floor. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

SIT UP

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



Lie on your back with knees bent and feet flat on the floor. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

PLANK

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Glutes, Hamstrings, Quadriceps, Calves



Begin in a standard plank position. Lift one knee up towards your chest, keeping your back flat on the floor. Repeat for other side.

HIP LIFT CRUNCH

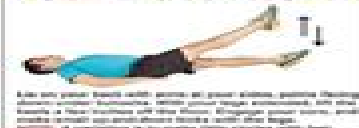
Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors



Lie on your back with your legs straight up, knees at 90 degrees. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

FLUTTER KICKS

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



Lie on your back with your legs straight up, feet flat on the floor. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

SIDE PLANK

Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Glutes, Hamstrings, Quadriceps, Calves



Begin in a standard plank position. Lift one knee up towards your chest, keeping your back flat on the floor. Repeat for other side.

REVERSE CRUNCH

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



Lie on your back with your legs straight up, knees at 90 degrees. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

SIDE V CRUNCH

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



Begin in a standard plank position. Lift one knee up towards your chest, keeping your back flat on the floor. Repeat for other side.

BIRD DOG

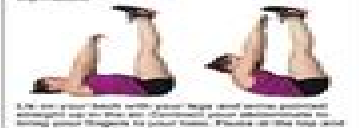
Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Erector Spinae, Glutes, Hamstrings



Begin in all fours with your hands flat, knees bent and feet flat on the floor. Contract your abdominals and lift one arm and the opposite leg off the floor. Repeat for other side.

TOE TOUCH

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



Lie on your back with your legs straight up, knees at 90 degrees. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

HEEL TOUCHES

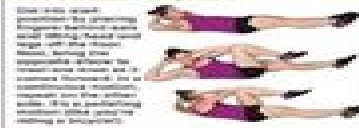
Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors



Lie on your back with your legs straight up, knees at 90 degrees. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

BICYCLE KICKS

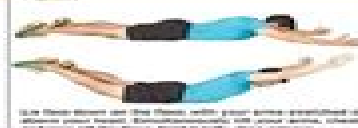
Rectus Abdominis, Transverse Abdominis, External Obliques, Internal Obliques, Hip Flexors



Lie on your back with your legs straight up, knees at 90 degrees. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.

SUPERMAN

Erector Spinae, Hamstrings, Glutes, Hamstrings, Transverse Abdominis, External Obliques, Internal Obliques



Lie flat on your stomach with your arms extended forward and your legs extended backward. Contract your abdominals and lift your head and shoulders off the floor. Repeat for other side.



Safety Rules:

1. Always use proper form and technique when performing exercises.

2. Stop if you feel any pain or discomfort during an exercise.

3. Consult your doctor if you have any medical conditions or injuries.

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