

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 head, shoulders and upper back 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 head, shoulders and upper back 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 arms at your sides, palms facing down. Lift your head, shoulders and upper back 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 arms at your sides, palms facing down. Lift your head, shoulders and upper back 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

BM King

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'BM King' text.

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Table of Contents Bodyweight Training Poster Chart Core

1. Understanding the eBook Bodyweight Training Poster Chart Core
 - The Rise of Digital Reading Bodyweight Training Poster Chart Core
 - Advantages of eBooks Over Traditional Books
2. Identifying Bodyweight Training Poster Chart Core
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Bodyweight Training Poster Chart Core
 - User-Friendly Interface
4. Exploring eBook Recommendations from Bodyweight Training Poster Chart Core
 - Personalized Recommendations
 - Bodyweight Training Poster Chart Core User Reviews and Ratings
 - Bodyweight Training Poster Chart Core and Bestseller Lists
5. Accessing Bodyweight Training Poster Chart Core Free and Paid eBooks
 - Bodyweight Training Poster Chart Core Public Domain eBooks
 - Bodyweight Training Poster Chart Core eBook Subscription Services
 - Bodyweight Training Poster Chart Core Budget-Friendly Options

6. Navigating Bodyweight Training Poster Chart Core eBook Formats
 - ePub, PDF, MOBI, and More
 - Bodyweight Training Poster Chart Core Compatibility with Devices
 - Bodyweight Training Poster Chart Core Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Bodyweight Training Poster Chart Core
 - Highlighting and Note-Taking Bodyweight Training Poster Chart Core
 - Interactive Elements Bodyweight Training Poster Chart Core
8. Staying Engaged with Bodyweight Training Poster Chart Core
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Bodyweight Training Poster Chart Core
9. Balancing eBooks and Physical Books Bodyweight Training Poster Chart Core
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Bodyweight Training Poster Chart Core
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Bodyweight Training Poster Chart Core
 - Setting Reading Goals Bodyweight Training Poster Chart Core
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Bodyweight Training Poster Chart Core
 - Fact-Checking eBook Content of Bodyweight Training Poster Chart Core
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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web many animals have a heart and circulatory system five litres of blood can pass through a human heart each minute
calculate the volume of blood that passes through this heart

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web model answers 1a 2 marks the diagram shows a human capillary state and explain one feature of capillaries visible in the diagram that helps them to carry out their function

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web what does the term double circulatory system mean the heart has two of each chamber the atria and the ventricles blood passes twice through the heart during one complete

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1 what is the diastolic blood pressure