

CORE

Body Weight Exercises

CRUNCH

Rectus Abdominis, External Oblique, Internal Oblique, Transversus Abdominis, Hip Flexors



Lie on your back with knees bent and feet flat on the floor. Lift your upper body towards your knees, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your body back down.

OBlique CRUNCH

Rectus Abdominis, External Oblique, Internal Oblique



Lie on your back with knees bent and feet flat on the floor. Lift your upper body towards your knee, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your body back down.

HIP LIFT CRUNCH

Rectus Abdominis, External Oblique, Internal Oblique



Lie on your back with your legs bent and feet flat on the floor. Lift your hips towards your chest, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your hips back down.

REVERSE CRUNCH

Rectus Abdominis, External Oblique, Internal Oblique



Lie on your back with your legs bent and feet flat on the floor. Lift your legs towards your chest, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your legs back down.

V CRUNCH

Rectus Abdominis, External Oblique, Internal Oblique, Transversus Abdominis, Hip Flexors



Lie on your back with your legs bent and feet flat on the floor. Lift your upper body and legs towards your chest, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your body and legs back down.

SIT UP

Rectus Abdominis, External Oblique, Internal Oblique, Transversus Abdominis, Hip Flexors



Lie on your back with your legs bent and feet flat on the floor. Lift your upper body towards your knees, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your body back down.

FLUTTER KICKS

Rectus Abdominis, Transversus Abdominis, External Oblique, Internal Oblique, Hip Flexors, Hip Adductors



Lie on your back with your legs bent and feet flat on the floor. Lift your legs towards your chest, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your legs back down.

SIDE V CRUNCH

Rectus Abdominis, Transversus Abdominis, External Oblique, Internal Oblique, Hip Flexors



Lie on your side with your legs bent and feet flat on the floor. Lift your upper body towards your knee, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your body back down.

MOUNTAIN CLIMBER

Rectus Abdominis, External Oblique, Internal Oblique, Transversus Abdominis, Hip Flexors, Hip Adductors, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus



Start in a plank position with your hands on the floor. Lift your right knee towards your right elbow, then immediately lift your left knee towards your left elbow. Repeat for 10-15 seconds.

PLANK

Rectus Abdominis, Transversus Abdominis, External Oblique, Internal Oblique, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus



Start in a plank position with your hands on the floor. Hold for 30 seconds, then slowly lower your body back down.

SIDE PLANK

Rectus Abdominis, External Oblique, Internal Oblique, Transversus Abdominis, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus



Start in a side plank position with your right hand on the floor. Hold for 30 seconds, then slowly lower your body back down. Repeat on the other side.

BIRD DOG

Rectus Abdominis, Transversus Abdominis, External Oblique, Internal Oblique, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus



Start in a plank position with your hands on the floor. Lift your right leg straight up and your left leg towards your left elbow. Hold for 30 seconds, then slowly lower your body back down. Repeat on the other side.

BIRD DOG + KNEE TOUCH

Rectus Abdominis, Transversus Abdominis, External Oblique, Internal Oblique, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus



Start in a plank position with your hands on the floor. Lift your right leg straight up and your left leg towards your left elbow. Hold for 30 seconds, then slowly lower your body back down. Repeat on the other side.

BRIDGE

Rectus Abdominis, Gluteus Maximus, Gluteus Medius, Gluteus Minimus



Lie on your back with your feet flat on the floor. Lift your hips towards your chest, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your hips back down.

TOE TOUCH

Rectus Abdominis, External Oblique, Internal Oblique



Lie on your back with your feet flat on the floor. Lift your upper body towards your knees, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your body back down.

HEEL TOUCHES

Rectus Abdominis, External Oblique, Internal Oblique, Transversus Abdominis



Lie on your back with your feet flat on the floor. Lift your upper body towards your knees, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your body back down.

BRIDGE AND REACH

Rectus Abdominis, External Oblique, Internal Oblique, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus



Start in a bridge position with your feet flat on the floor. Lift your right arm towards your right knee. Hold for a few seconds, then slowly lower your body back down. Repeat on the other side.

RAISED LEG CRUNCH

Rectus Abdominis, External Oblique, Internal Oblique, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus



Lie on your back with your feet flat on the floor. Lift your upper body towards your chest, keeping your head and neck in line with your spine. Lift your right leg straight up and hold for a few seconds, then slowly lower your body back down. Repeat on the other side.

BICYCLE KICKS

Rectus Abdominis, External Oblique, Internal Oblique, Transversus Abdominis, Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Semiflacciosus



Start in a bridge position with your feet flat on the floor. Lift your right knee towards your right elbow, then immediately lift your left knee towards your left elbow. Continue for 10-15 seconds.

SUPERMAN

Rectus Abdominis, External Oblique, Internal Oblique, Transversus Abdominis



Lie face down with your arms and legs extended straight up. Lift your arms and legs off the floor, keeping your head and neck in line with your spine. Hold for a few seconds, then slowly lower your arms and legs back down.



Safety
Rules:

- 1. Respect property, include all equipment and areas on private property.
- 2. Do not drink alcohol before or during exercise.
- 3. Do not use any equipment or areas without proper supervision.

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