

# 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



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.

### SIT UP

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.

### FLUTTER KICKS

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



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.

### SIDE V CRUNCH

Rectus Abdominis, Transverse 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.

### MOUNTAIN CLIMBER

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



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.

### PLANK

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



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.

### SIDE PLANK

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



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.

### BIRD DOG

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



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.

### BIRD DOG + KNEE TOUCH

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



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.

### BRIDGE

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



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.

### TOE TOUCH

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.

### HEEL TOUCHES

Rectus Abdominis, External Obliques, Internal Obliques, Transverse Abdominis



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.

### BRIDGE AND REACH

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



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.

### RAISED LEG 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.

### BICYCLE KICKS

Rectus Abdominis, External Obliques, Internal Obliques, Transverse Abdominis, 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.

### SUPERMAN

Rectus Abdominis, Transverse 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.



#### Safety Rules:

1. Always use proper form and technique when performing exercises.  
2. If you feel any pain or discomfort, stop the exercise immediately.  
3. Consult your doctor if you have any medical conditions or injuries.

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