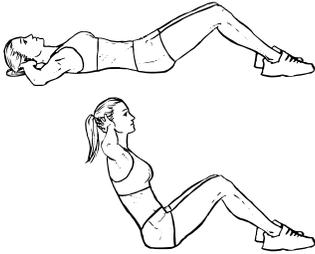


30 Day Challenge Core - Bodyweight Exercises

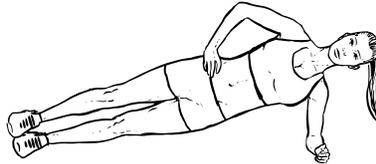
Abs, Back, Legs, Shoulders

Here are your core exercises -Print off and use the instructions to help you get the correct form as you move your body.

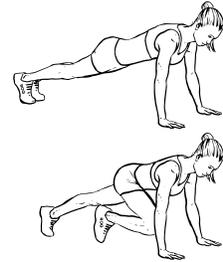
Sit-ups



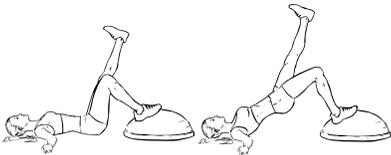
Side Plank



Mountain Climbers / Alternating Knee-ins



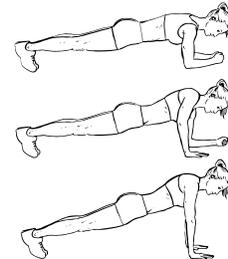
Bosu Ball Single Leg Bridge / Hip Thrusts / Extensions / Raises



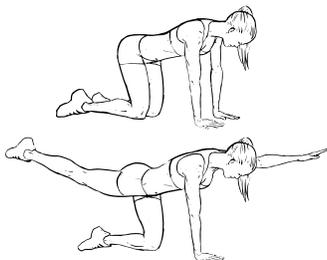
Russian / Mason / V-Sit Twists



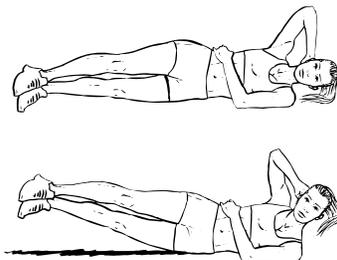
Plank to Push-Up / Pushups / Walking Plank Up-Downs



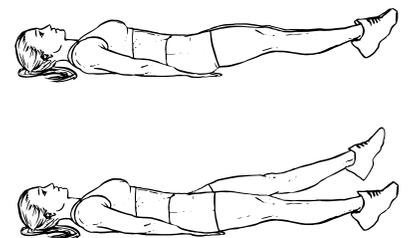
Bird Dogs / Alternating Reach & Kickbacks



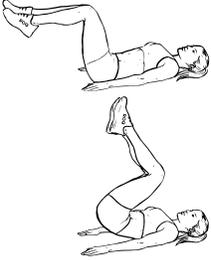
Double Side Jackknives



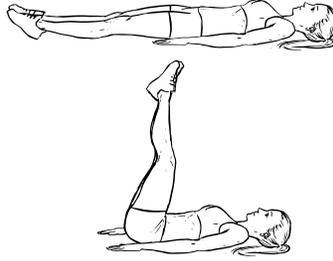
Flutter Kicks



Reverse Crunch



Lying Leg Raises / Lifts



Sit-ups

Primary muscle group(s):

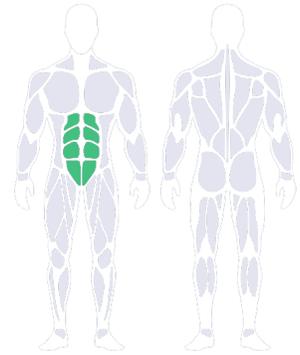
Abs

Lie with knees bent and feet flat on the floor. You can have someone hold your feet or place them under something to keep them steady.

Place your hands behind your head, elbows pointing out.

Engage your abs and lift your head, neck and shoulders up. Pretend you are holding a small ball under your chin.

Hold and then return to starting position.



Side Plank

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

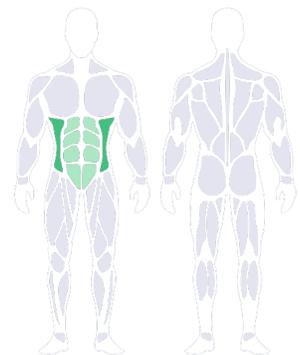
Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.



Mountain Climbers / Alternating Knee-ins

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.

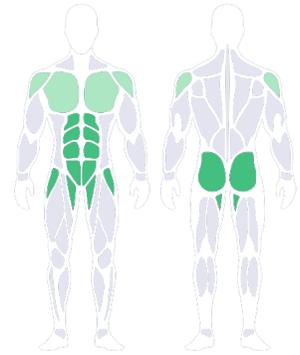
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desired amount of time.



Bosu Ball Single Leg Bridge / Hip Thrusts / Extensions / Raises

Primary muscle group(s):

Glutes & Hip Flexors

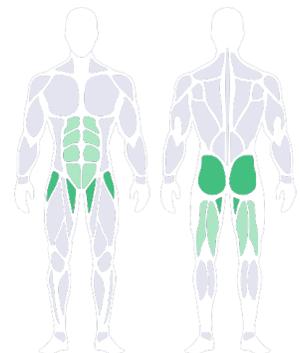
Secondary:

Abs, Hamstrings

Place a BOSU Ball on the ground with the blue rubber side facing up. Lie on the ground and place your right foot on the rubber part of the BOSU Ball. Extend your left leg straight into the air. Extend your arms to the sides and tighten your core.

With your gaze focused on the ceiling, push down with your right foot, elevating your hips. Tighten your glutes when you come to the top of the movement and hold. Slowly, lower your body towards the ground but do not lie back down until the end of the set.

Repeat.



Russian / Mason / V-Sit Twists

Primary muscle group(s):

Abs

Secondary:

Lower Back

Lie on an exercise mat and place your feet under something that will not move or ask a spotter hold them down for you. Keep your knees bent.

Raise your upper body from the mat to form V-shape with your thighs.

Keep your arms fully extended in front of your chest, clasping your hands together. This is the start position.

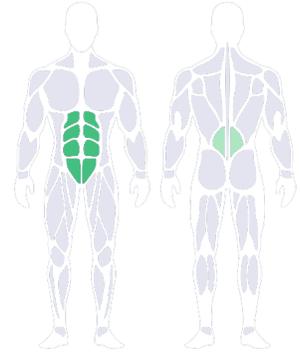
In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.

Return to the start position while breathing out.

Repeat the movement, this time to the left side of your body.

Repeat.

 As your strength increases, you can hold a weight plate or medicine ball in front of you to increase resistance and engage other muscle groups.



Plank to Push-Up / Pushups / Walking Plank Up-Downs

Primary muscle group(s):

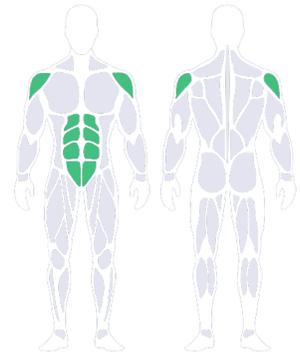
Abs, Shoulders

Start in the plank position with your elbows shoulder-width apart.

Press yourself up from the floor one arm at a time into a push-up, maintaining your body in a straight line.

Slowly return to the starting plank position the same way, one arm at a time.

Repeat the movement alternating sides.



Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

Abs, Lower Back

Secondary:

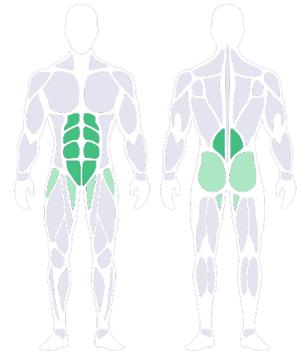
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Double Side Jackknives

Primary muscle group(s):

Abs, Obliques

Secondary:

Glutes & Hip Flexors

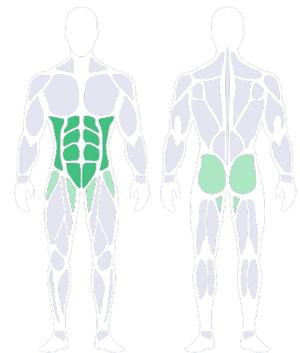
Bring yourself to the ground and lie on your left side. Be sure to stack your feet.

Place your left hand on your side while raising your right arm above your head so that the elbow is pointing towards the sky.

Focusing all of the tension and contraction in the obliques, bring your feet up while you raise your upper body. Lead with the right elbow.

Hold the contraction and slowly return to the starting position. Do not allow your feet or shoulder to touch the ground.

Repeat.



Flutter Kicks

Primary muscle group(s):

Abs

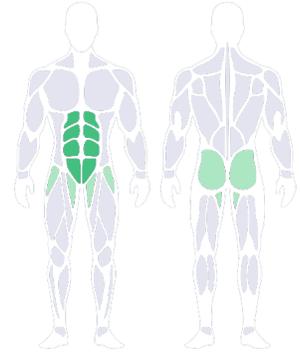
Secondary:

Glutes & Hip Flexors

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



Reverse Crunch

Primary muscle group(s):

Abs

Lie flat on an exercise mat on the floor.

Extend your legs fully and place your hands palms down, flat on the floor beside you.

Keeping your feet together, draw your knees up towards your chest, until your thighs are at 90 degrees to the floor and your calves are parallel to it. This is the start position.

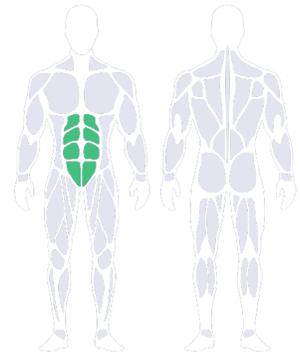
As you inhale, curl your hips up off the floor while bringing your knees further towards your chest.

Continue the movement until your knees are touching your chest, or as far as comfortable.

Hold for a count of one.

In a controlled movement, return your legs to the start position, exhaling as you do so.

Repeat.



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.

