

Core Work

Core I

Exercise	Reps	Special Instructions
Sit Ups	50X	
Push Ups	25X	
Crunches	50X	
Leg Lifts – 4 Station	10X	Hold 15 seconds per station.
Elevated Single Leg Side Planks	10X Both sides	Hold legs elevated for 30 seconds per rep.

Core II

Exercise	Reps	Special Instructions
Russian Twists	25X	
Reverse Sit Ups	25X	
Leg Lifts – One Station	20X	Hold legs up for 30 seconds per rep.
Planks	10X	Hold for 45 seconds per rep.
Side Planks	10X Both sides	Hold for 30 seconds per rep.
Superman	10X	Hold for 30 seconds per rep.

Core III

Exercise	Reps	Special Instructions
Leg Elevated Russian Twists	25X	
Push Ups	50X	
Leg Elevators	10X	30 seconds from station 1 to 10 & 30 seconds from station 10 to 1.
V-Ups	25X	
Side Crunches	25X Both Sides	
Elevated Single Leg Plank	10X Each leg	Hold leg up 30 seconds per rep.

Use the following link to view most of the exercises listed above:

http://www.iwantsixpackabs.com/bodyweight/core_exercises.html