# Basic Core Workout

# Abs

## 1 10 pushups

## 2 Crunches — 45 seconds

## 3 Russian Twists — 45 seconds

## 4 Elbow Plank — 45 seconds to 1 minute

## 5 Side Elbow Plank — 45 seconds to 1 minute

## 6 Leg raises — 45 seconds

Lift leg up to 90 degrees and lower them slowly.

## 7 Bicycle — 45 seconds

## 8 Mountain climbers — 45 seconds

## 9 Reverse Crunches — 45 seconds

## 10 10 pushups

# Big 10 Abs

## 1 Push-up followed by 1 Crunch

## 2 Push-ups followed by 2 Crunches

## … building to 10 each

## … tapering back down to 1 each

(Total of 100 each, if you make it all the way through.)

# Hips

## 1 Basic Bridge — 10 reps

Start by laying on your back, knees bent and feet flat on the ground. Press feet against the ground and lift hips up. Focus on squeezing your butt to engage the proper muscles. Lower back down.

## 2 Single Leg Raises — 10 reps each leg

Start from laying on your back, knees bent and feet flat on the ground.

## 3 Side Single Leg raises — 10 reps each leg

Start by laying on your side, doing your best to keep your body straight, if you need to, you can bend the leg against the ground at the knee to form a 90 degree angle. Place your hand on your hip. Lift leg into the air until it reaches about 12-18 inches. Return knee to the ground.

## 4 Fire Hydrant — 10 each leg

Start on your hands and knees. Tighten your core and look down. Lift your leg away from your body.

## 5 Donkey Kicks — 10 reps each leg

Start on your hands and knees. Keep knees at 90 degrees and keep your back straight. Lift one left into the air while keeping it at a 90 degree angle. Lower leg back to the starting point keeping it slightly above the ground. Repeat.

## 6 Squats — 10 reps

## 7 Lunges — 10 reps each leg

## 8 Standing Single Leg lifts — 20 reps each leg

Stand. Lift one knee up in high knees motion. Return to starting position. Repeat.

## 9 Toe raises — 10–15 reps

## 10 Single Leg Squats — 10 reps each leg

## 11 Single Leg RDL — 10 reps each leg

Stand, balancing on one leg. Lean forward to touch the ground in front of you, while doing this your leg should go behind you. Keep back flat and chest up. Push through the heel and hips to return to starting position. Repeat.

# Six Week Workout Plan

# Week 1

## 1 Side Leg Raises — 10 reps, each side

From laying down or side plank position.

## 2 Abductor Leg Raises — 10 reps, each side

Lay on side, cross top leg over bottom leg, keep bottom leg straight and raise towards sky.

## 3 Side Crunches — 15 reps, each side

Laying on side lift shoulders and both legs simultaneously.

## 4 Windshield Wipers — 10 reps

## 5 Hip Raises — 20 reps

Raise hips to bridge position, hold at top briefly, then release.

## 6 Straight Leg Raises — 10 reps

Laying flat on back with legs straight and up perpendicular, lower legs to 2" from ground, then raise again slowly.

## 7 Fire Hydrant — 12 reps, each side

## 8 Crunches — 15 reps

## 9 Superman — 15 reps

Hold 2 seconds before releasing.

## 10 Pushups — 10 reps

# Week 2

## 1 Knee Crunches — 10 reps

From sitting, crunch knees in to chest, then extend and repeat.

## 2 Hip Raises — 30 reps

Raise hips to bridge position, hold at top briefly, then release.

## 3 Push-ups — 15 reps

## 4 Side Crunches — 20 reps, each side

Laying on side lift shoulders and both legs simultaneously.

## 5 Fire Hydrant — 12 reps, each side

## 6 Kickbacks — 12 reps, each side

From all fours, kick one leg back and up away from body.

## 7 Tricep Dips — 15 reps

## 8 Side Plank — 30 seconds, each side

Straight arm or elbow.  Advanced options: hold top arm up to sky or raise top leg, raise and lower hip towards ground.

## 9 Plank — 1 minute

## 10 Side Lunges — 10 reps, each side

## 11 Tick-Tocks — 15 reps, each foot

Stand on one foot. Clasp arms straight out front.  Sweep arms SLOWLY from 10 o'clock to 2 o'clock position.

# Week 3

## 1 One Leg Hip Raises — 10 reps, each side

## 2 Criss-Cross Crunches — 30 reps

## 3 Fire Hydrant — 20 reps, each side

Can use band around knees

## 4 Side Hip Raises — 20 reps, each side

From side plank position, raise and lower hip.

## 5 Clams — 15 reps, each side

Slowly!  Use band.

## 6 Concentration Curl — 20 reps

Stand on elastic, grip in hands, palms up, arms straight. Pull upward, bending at elbows, keeping trunk straight. Slowly return to start.

## 7 Elbow Kick Back — 15 reps each side

Hold elastic in involved hand, with other end under opposite foot. Slightly bend hips, leaning forward and supporting upper body with other arm on knee. Pull up, raising elbow to shoulder height. Extend elbow backward contracting triceps. Slowly return to start.

## 8 Squats — 1 minute

Knee should be behind toes. Advanced options: stand on band, hold ends in each hand, pull up and lower slowly.

## 9 Quick Side Kicks — 15 reps, each side SLOWLY

Loop band around ankles.  Kick leg outward and repeat. Keep toes pointed straight ahead and do not bend trunk.

## 10 Kickbacks — 15 reps, each side SLOWLY

Loop band around ankles.  Kick leg backward and repeat.

# Week 4

## 1 Crunches — 20 reps

## 2 Side Crunches — 20 reps, each side

Laying on side lift shoulders and both legs simultaneously.

## 3 Windshield Wipers — 10 reps

## 4 Hip Raises/Bridges — 15 reps

Put loop around knees and keep knees apart.

## 5 Bridge Leg Raises — 15 reps, each side

From bridge position, lift leg slowly to the sky then lower.  Do not let hips move up and down or side to side.

## 6 Sumo Walks — 15 reps each direction

Lateral steps with band in sumo squat position, to right. Repeat to left.  Don't let band sag.

## 7 Kickbacks — 20 reps, each side SLOWLY

Loop band around ankles. Kick leg backward and repeat.

## 8 Upright Row — 20 reps

Stand on elastic.  Grasp elastic in both hands in front of hips, elbows straight. Lift upward towards chin, bending elbows. Keep hands close to chest. Slowly lower and repeat.

## 9 Reverse Flies — 15 reps

Grasp elastic in hands, elbows straight. Move arms away from each other out to sides. Slowly return to start position.

## 10 Bent Over Row (Lawn Mower) — 15 each arm

Hold elastic in involved hand, with other end under opposite foot. Slightly bend hips, leaning forward and supporting upper body with other arm on knee. Pull up, raising elbow to shoulder height. Slowly return to start and repeat.

# Week 5

## 1 Tick-Tocks — 15 reps, each foot

Stand on one foot.  Clasp arms straight out front.  Sweep arms SLOWLY from 10 o'clock to 2 o'clock position.

## 2 Hand Walkouts — 1 minute

From a standing position, put your hands on the ground in front of your toes. Gradually walk your hands forward past the push-up position out as far as you can stretch. Advanced: do a push-up.  Slowly walk your hands back.

## 3 Sumo Walks — 20 reps each direction

Lateral steps with band in sumo squat position, to right.  Repeat to left.

## 4 Tricep Dips — 20 reps

## 5 Concentration Curl — 20 reps

Stand on elastic, grip in hands, palms up, arms straight.  Pull upward, bending at elbows, keeping trunk straight.  Slowly return to start.

## 6 Elbow Kick Back — 20 reps each side

Hold elastic in involved hand, with other end under opposite foot. Slightly bend hips, leaning forward and supporting upper body with other arm on knee.  Pull up, raising elbow to shoulder height.  Extend elbow backward contracting triceps.  Slowly return to start.

## 7 Clams — 15 reps, each side

With band.

## 8 Plank — 1 minute

Advanced options: raise one foot or arm at a time for 5-10 seconds, do straight arm plank with alternating shoulder taps, continuously switch from straight arm to elbows, from straight arm bring knee to elbow (same or opposite) alternating knees.

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# Week 6

## 1 Hand Walkouts — 1 minute

From a standing position, put your hands on the ground in front of your toes. Gradually walk your hands forward past the push-up position out as far as you can stretch. Advanced: do a push-up. Slowly walk your hands back.

## 2 Sumo Walks — 20 reps each direction

Lateral steps with band in sumo squat position, to right. Repeat to left.

## 3 Bridge — 1 minute

With band, focus on pushing hips to the sky and knees upward.

## 4 Side Plank — 30 seconds, each side

Keep your head and spine neutral as you engage your core, lifting your hips and knees off the ground.

## 5 Criss-Cross Crunches — 30 reps

## 6 Pushups — 20 reps

## 7 Side Crunches — 30 reps, each side

Laying on side lift shoulders and both legs simultaneously.

## 8 Side Leg Raises — 20 reps, each side

From laying down or side plank position.

## 9 Superman — 30 reps

## 10 Side Lunges — 20 reps, each side