



**BODY WEIGHT  
CORE EXERCISES**

**ANYTIME & ANYWHERE**



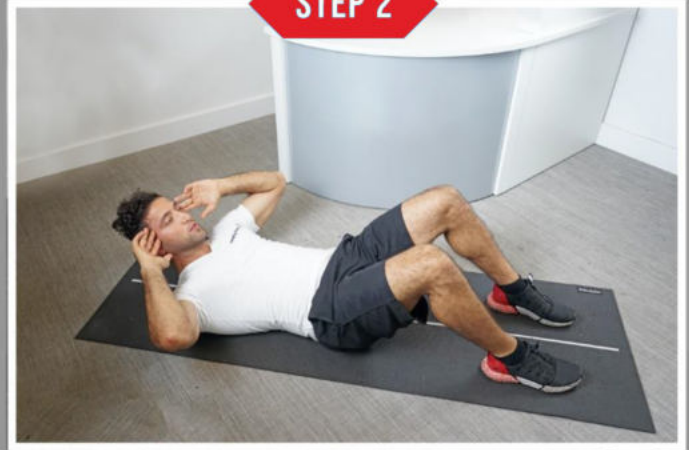
[WWW.ABOXR.CO.UK](http://WWW.ABOXR.CO.UK)

## SIT UPS

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

## BENT KNEE LEG RAISE

STEP 1



STEP 2



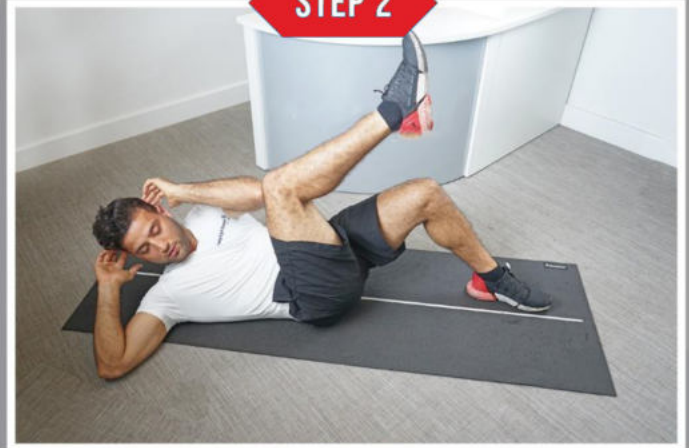
3 SETS OF 15 REPITITIONS

**ABDOMINAL TWIST**

**STEP 1**



**STEP 2**



**3 SETS OF 15 REPITITIONS**

**SIDE TOE TOUCH**

**STEP 1**



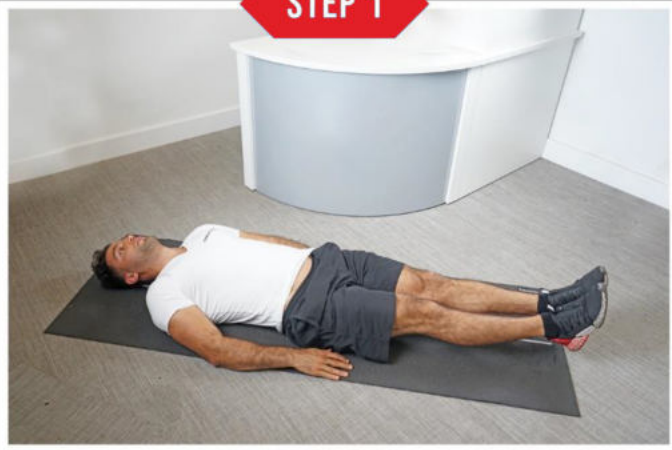
**STEP 2**



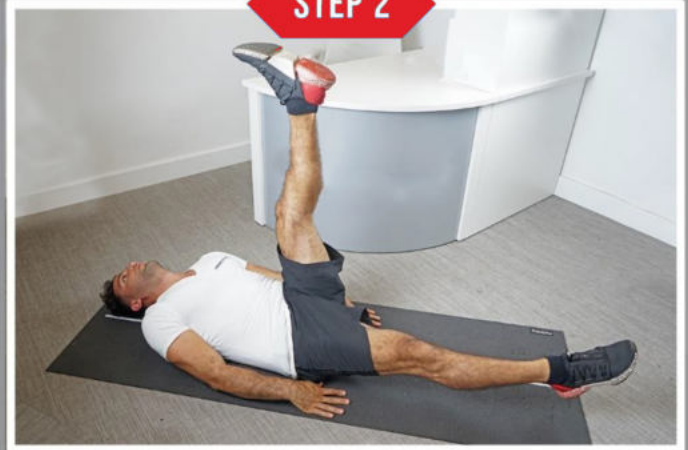
**3 SETS OF 15 REPITITIONS**

## SINGLE LEG RAISES

STEP 1



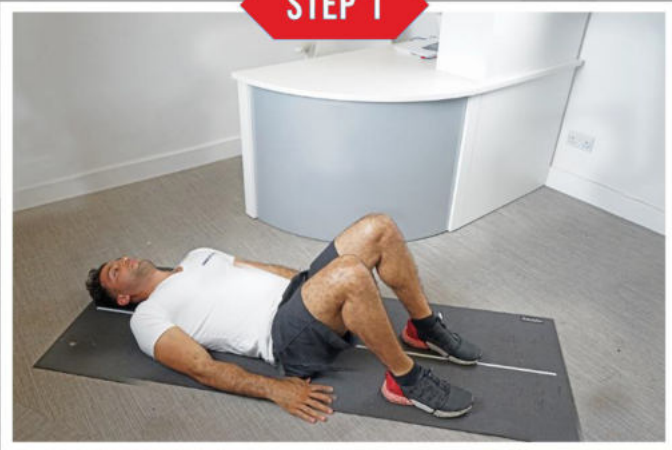
STEP 2



3 SETS OF 15 REPITITIONS

## HIP RAISES

STEP 1



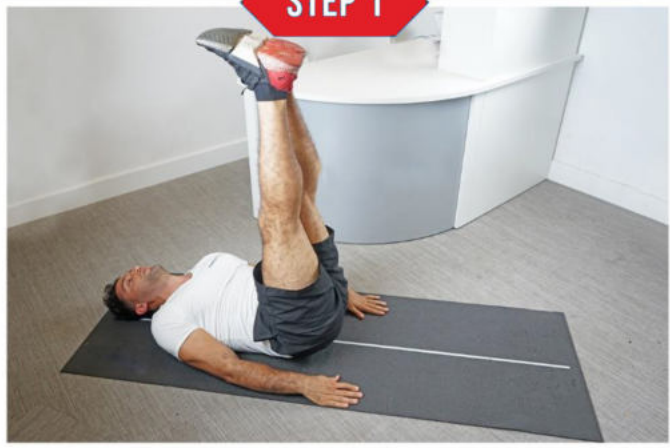
STEP 2



3 SETS OF 15 REPITITIONS

**ABDOMINAL SCREEN WIPER**

**STEP 1**



**STEP 2**



**3 SETS OF 15 REPITITIONS**

**HIP ROLL**

**STEP 1**



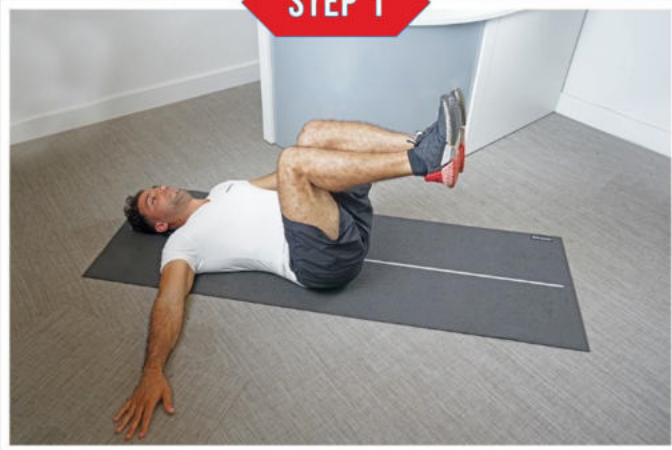
**STEP 2**



**3 SETS OF 15 REPITITIONS**

LEG PRESS

STEP 1



STEP 2



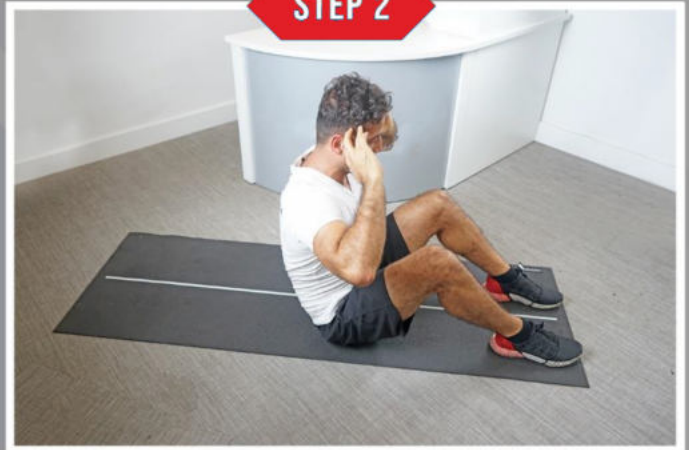
3 SETS OF 15 REPITITIONS

BENT KNEE SIT UPS

STEP 1



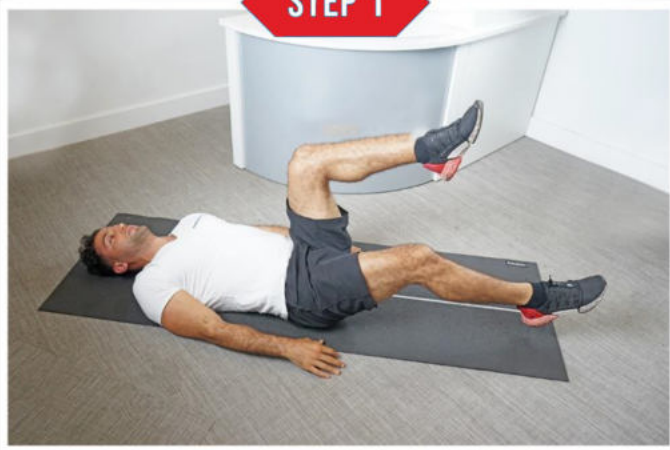
STEP 2



3 SETS OF 15 REPITITIONS

## ABDOMINAL LEG CYCLE

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

## KNEE ROLL

STEP 1



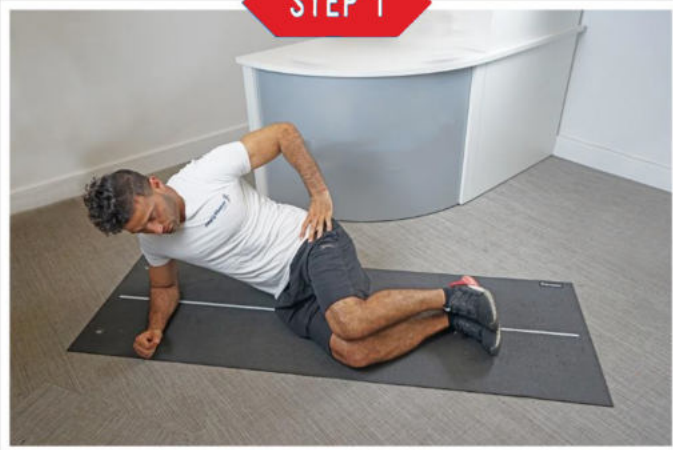
STEP 2



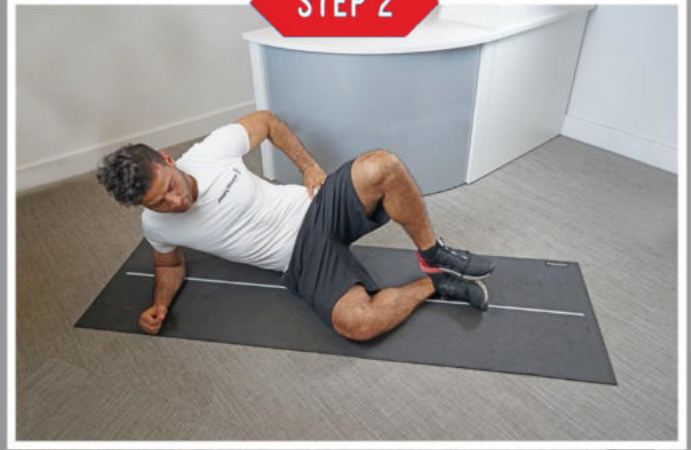
3 SETS OF 15 REPITITIONS

**HIP ABDUCTOR OPENER**

**STEP 1**



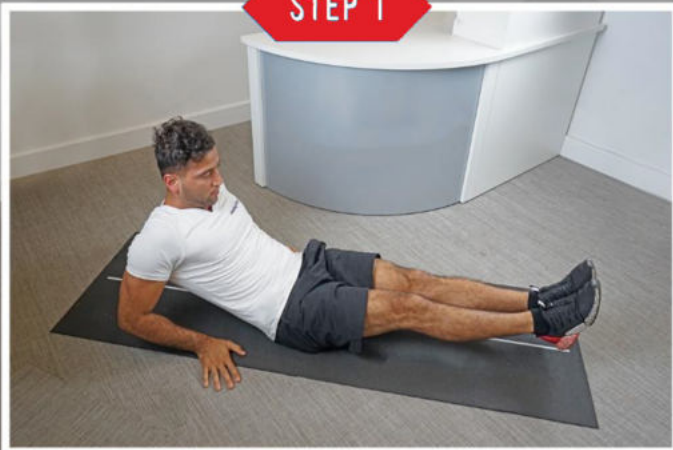
**STEP 2**



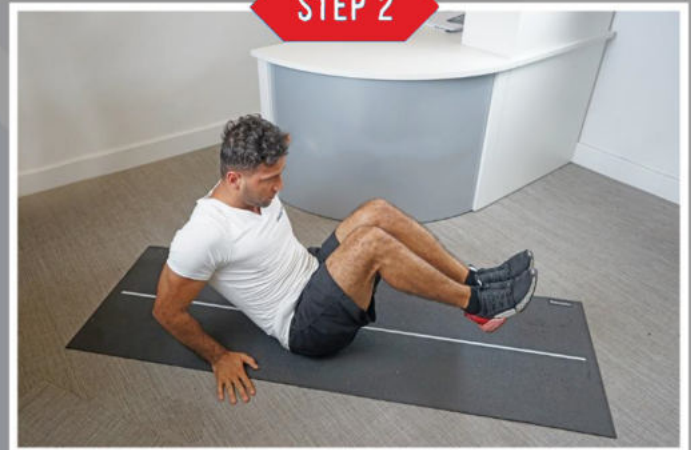
**3 SETS OF 15 REPITITIONS**

**ABDOMINAL CRUNCHES**

**STEP 1**



**STEP 2**



**3 SETS OF 15 REPITITIONS**

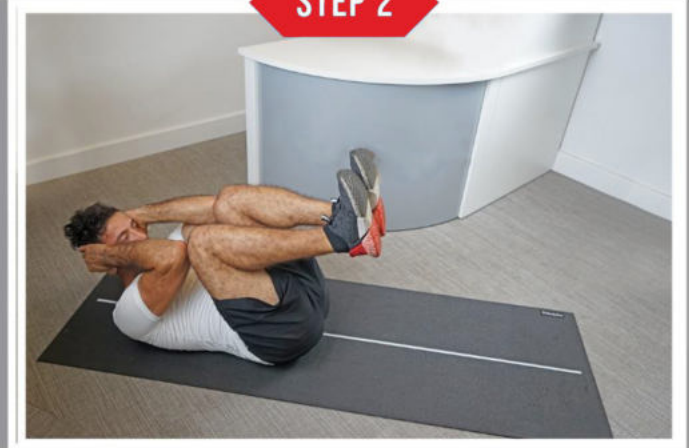


## KNEE CRUNCHES

STEP 1



STEP 2



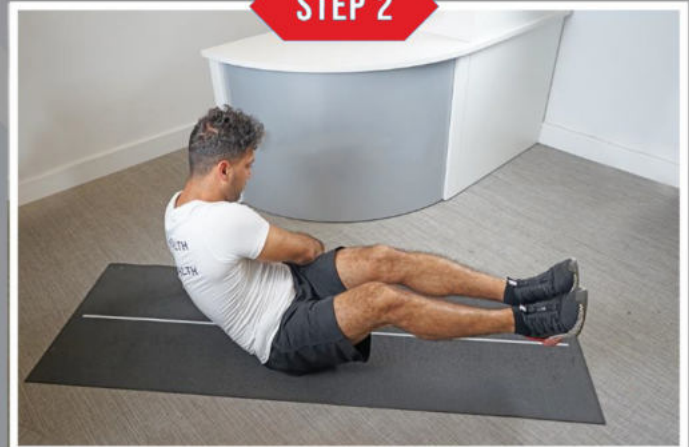
3 SETS OF 15 REPITITIONS

## SITTING TWISTS

STEP 1



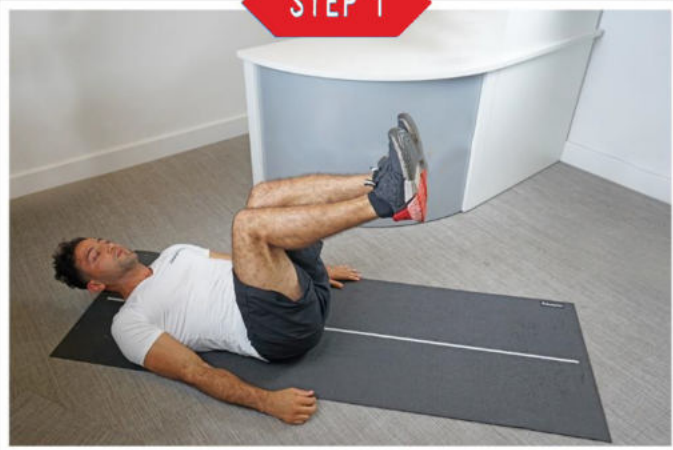
STEP 2



3 SETS OF 15 REPITITIONS

**ABDOMINAL GATE OPENER**

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

**KNIFE JACK TWISTS**

STEP 1



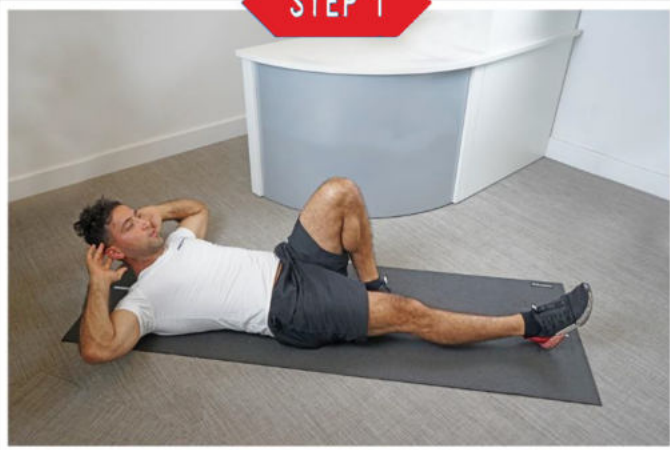
STEP 2



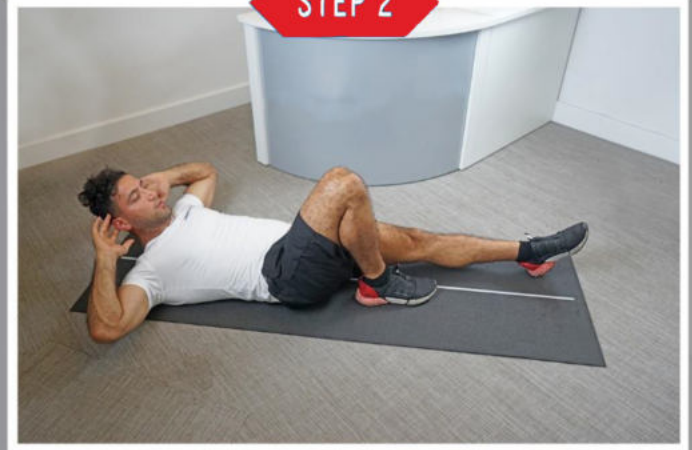
3 SETS OF 15 REPITITIONS

## SINGLE BENT KNEE SIT UP

STEP 1



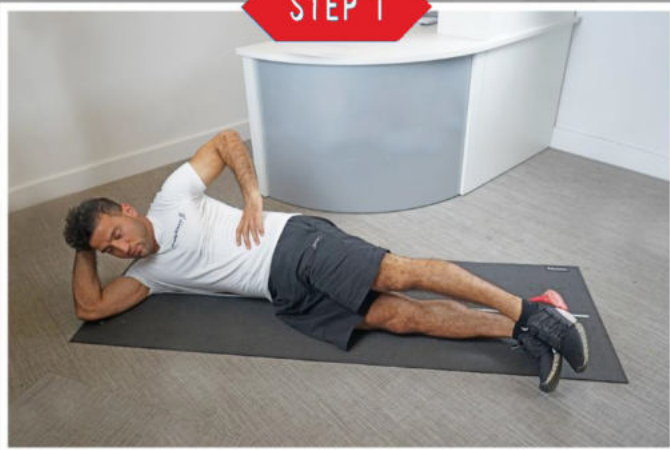
STEP 2



3 SETS OF 15 REPITITIONS

## SIDE LEG RAISES

STEP 1



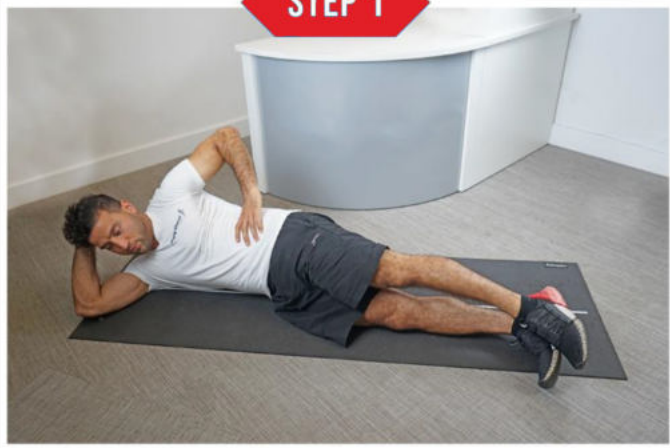
STEP 2



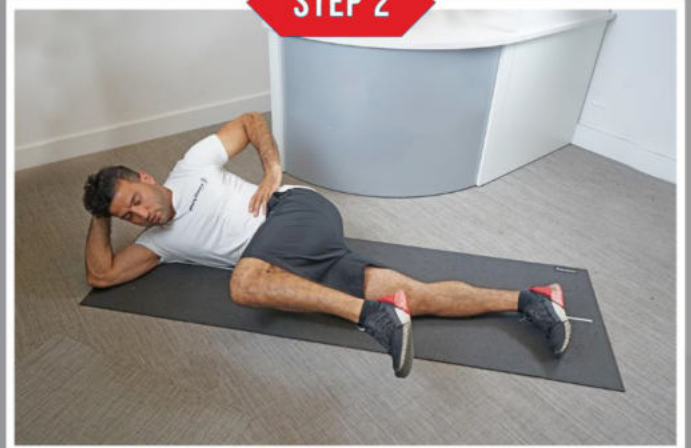
3 SETS OF 15 REPITITIONS

## BENT KNEE RAISES

STEP 1



STEP 2



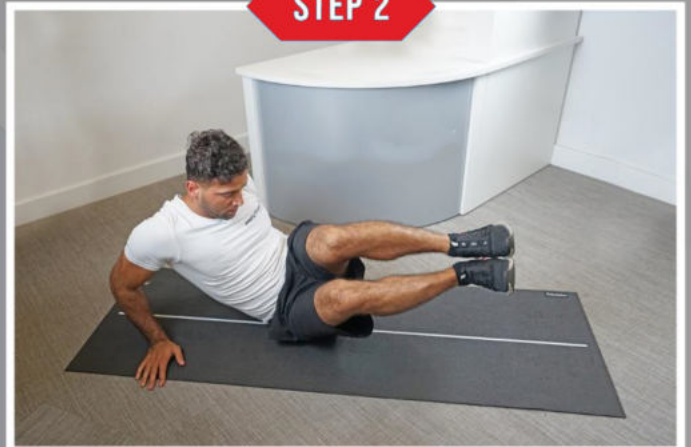
3 SETS OF 15 REPITITIONS

## ABDOMINAL SIDE CRUNCHES

STEP 1



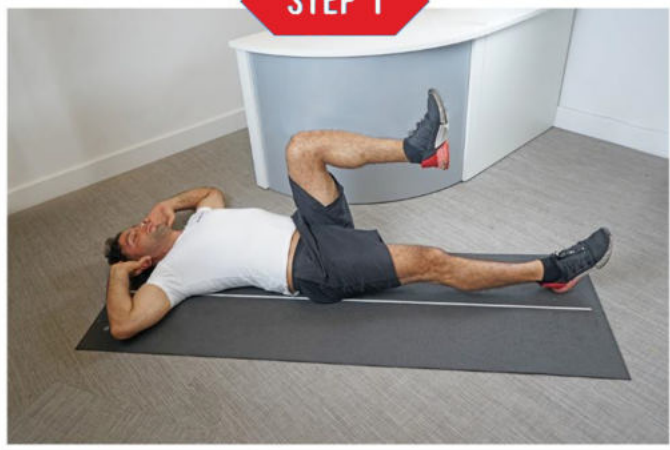
STEP 2



3 SETS OF 15 REPITITIONS

LEG LIFT OVERLAP

STEP 1



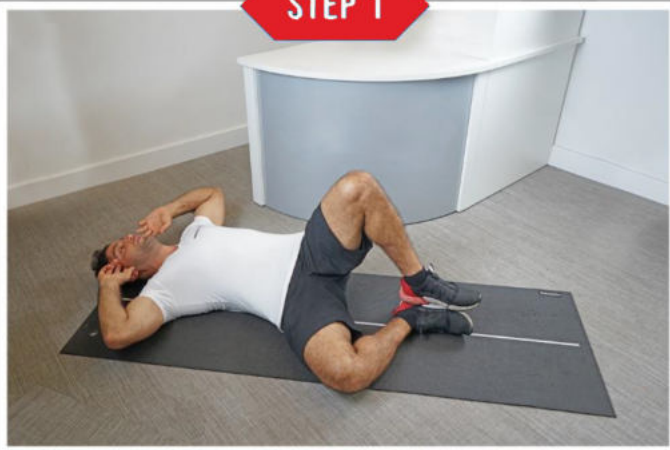
STEP 2



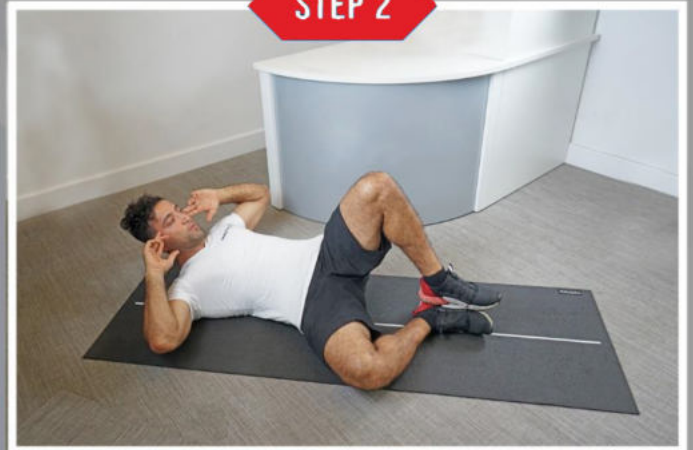
3 SETS OF 15 REPITITIONS

SIDE SIT UP

STEP 1



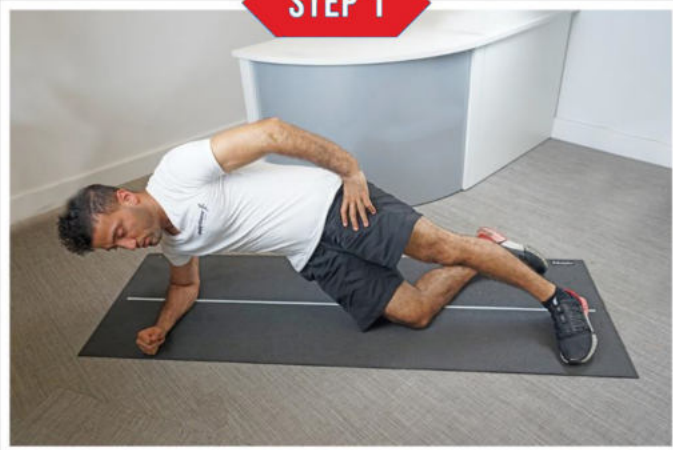
STEP 2



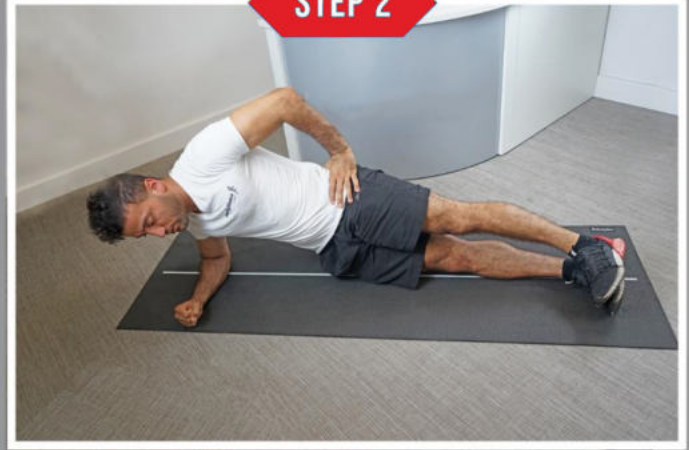
3 SETS OF 15 REPITITIONS

SIDE PLANKS

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

PALM SIDE PLANK

STEP 1



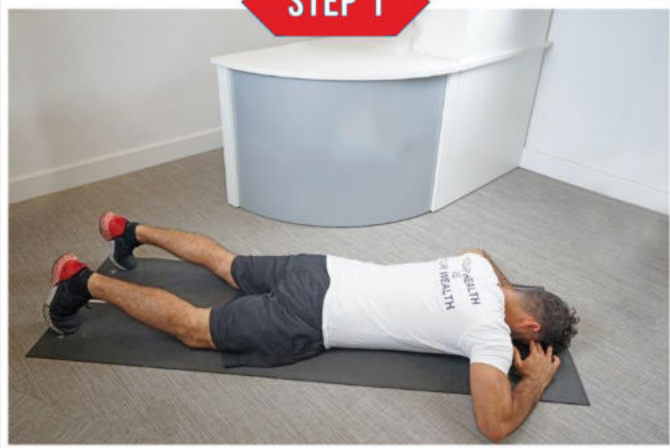
STEP 2



3 SETS OF 15 REPITITIONS

## BACK EXTENSION

STEP 1



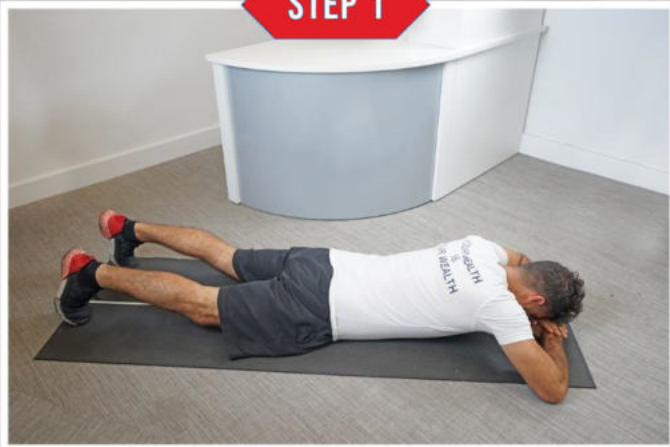
STEP 2



3 SETS OF 15 REPITITIONS

## REVERSE BACK LIFT

STEP 1



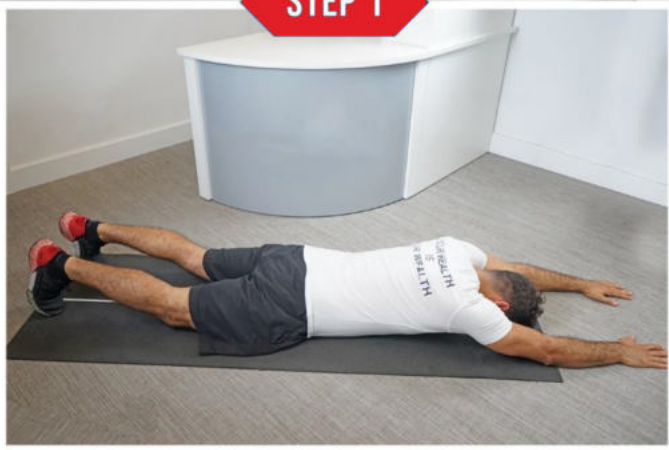
STEP 2



3 SETS OF 15 REPITITIONS

## OPEN ARM BACK EXTENSION

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

## BACK EXTENSION WITH A TWIST

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS



## SINGLE LEG LIFT

STEP 1



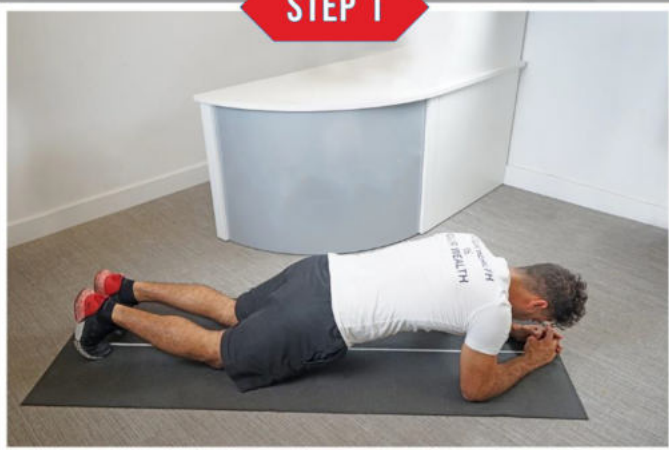
STEP 2



3 SETS OF 15 REPITITIONS

## BENT KNEE PLANK

STEP 1



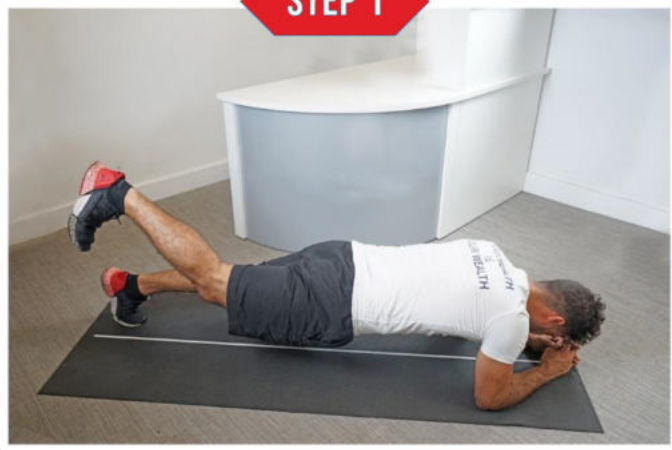
STEP 2



3 SETS OF 15 REPITITIONS

## SINGLE LEG PLANK EXTENSION

STEP 1



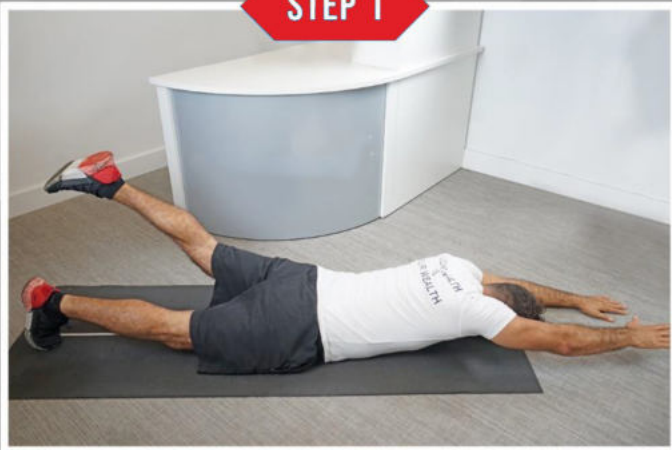
STEP 2



3 SETS OF 15 REPITITIONS

## REVERSE TRANSFER BACK EXTENSION

STEP 1



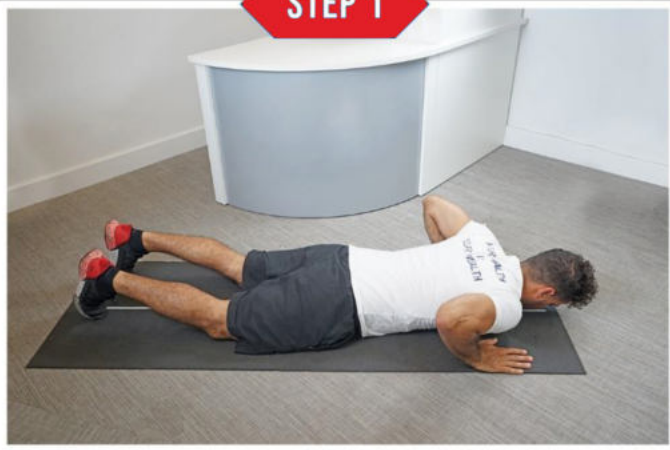
STEP 2



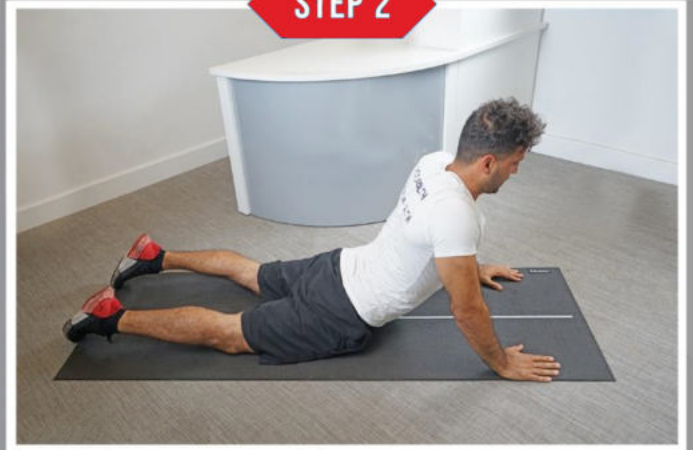
3 SETS OF 15 REPITITIONS

## FULL BACK EXTENSION

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

## ASSISTED BACK EXTENSION

STEP 1



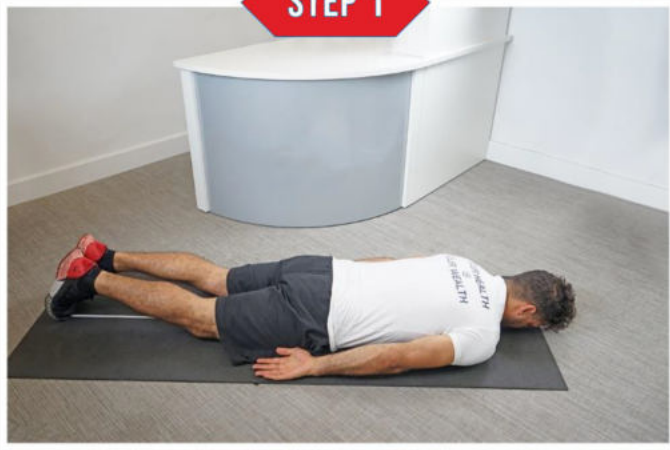
STEP 2



3 SETS OF 15 REPITITIONS

## SUPERMAN

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

## SPIDER BACK EXTENSION

STEP 1



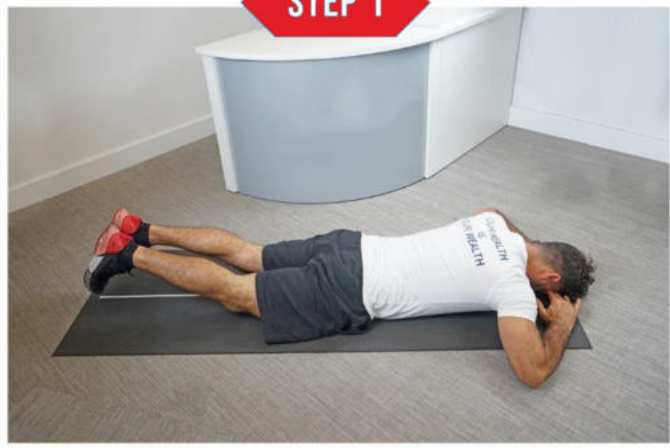
STEP 2



3 SETS OF 15 REPITITIONS

## BUTTERFLY HYPEREXTENSION

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

## HIP EXTENSION

STEP 1



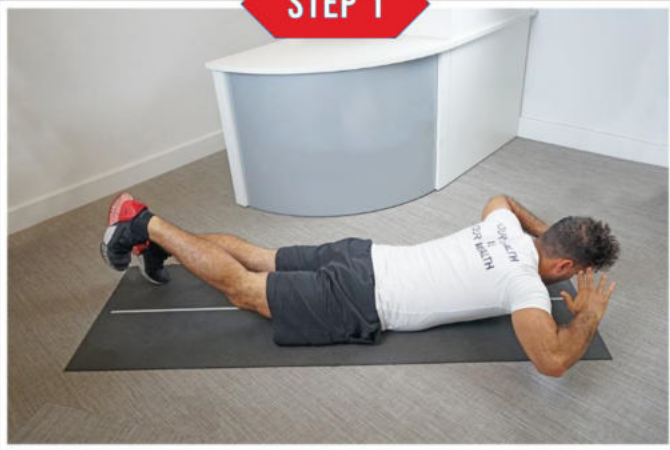
STEP 2



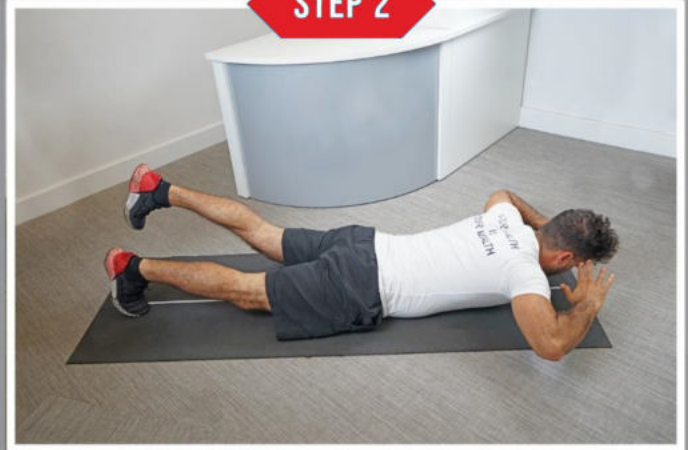
3 SETS OF 15 REPITITIONS

## SWIMMING EXTENSION

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

## PLANE EXTENSION

STEP 1



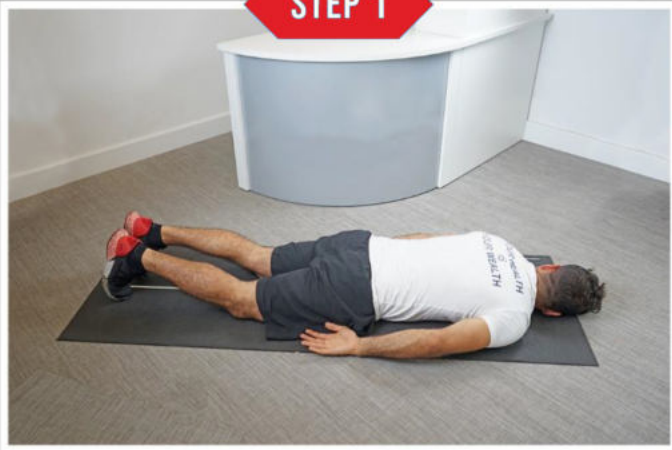
STEP 2



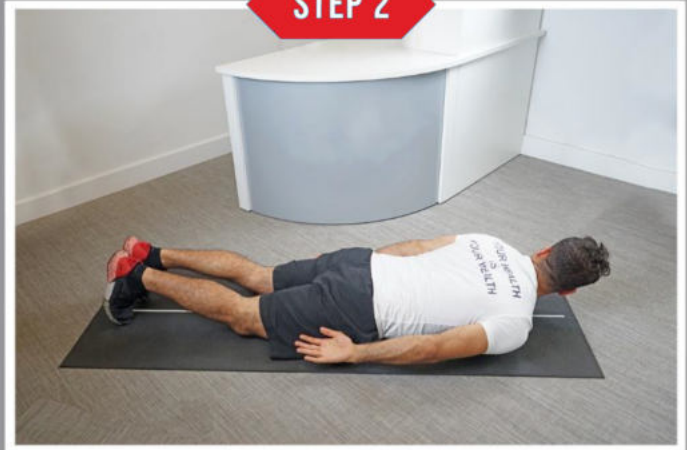
3 SETS OF 15 REPITITIONS

## BACK EXTENSION WITH A HEAD TWIST

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS

## BIRD DOG

STEP 1



STEP 2



3 SETS OF 15 REPITITIONS