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Safe Core Training Series No Equipment Complete

The following workouts are very safe core Training methods for any level.

Workout 1 – Level 1

1. [Bird Dog Alternating](#)
2. [Prone Forearm Bridge](#) – Both Sides
3. [Modified Side Plank](#) – Both Sides
4. [Supine Elbow Bridge](#)

Workout 2 – Level 1

1. [Bird Dog](#) – Both Sides
2. [Plank Single Leg](#) – Both Sides
3. [Modified Side Plank with Leg Raise](#) – Both Sides
4. [Supine Elbow Bridge](#)

Workout 3 – Level 2

1. [Bird Dog Alternating](#)
2. [Plank Single Leg](#) – Both Sides
3. [Modified Side Plank with Leg Raise](#) – Both Sides
4. [Supine Elbow Bridge](#)

Workout 4 – Level 2

1. [Bird Dog](#) – Both Sides
2. [Plank Single Leg](#) – Both Sides
3. [Side Plank Leg Raise Hold](#) – Both Sides
4. [Supine Elbow Bridge](#)

Workout 5 – Level 2

1. [Bird Dog Alternating](#)
2. [Forward Backward Walking Plank](#) – Both Sides
3. [Side Bridge](#) – Both Sides
4. [Reverse Plank with Leg Raise](#) – Both Sides

Check one of the following boxes to indicate what level you want to complete for each exercise.

Workout 6– Level 2

1. [Bird Dog](#)– Both Sides
2. [Forward Walking Plank](#)
3. [Side Bridge Leg Circle](#) – Both Sides
4. [Reverse Plank with Leg Raise](#)

Workout 7– Level 3

1. [Bird Dog](#) – Both Sides
2. [Forward Backward Walking Plank](#)
3. [Rotational Side Plank](#) – Both Sides
4. [Reverse Plank with Leg Raise](#) – Both Sides

Workout 8– Level 3

1. [Bird Dog Alternating](#)
2. [Inch Worm](#)
3. [Rotational Side Plank](#) – Both Sides
4. [Reverse Plank with Leg Raise](#) – Both Sides

Sets	1	2
	3	4
Rest After Set	30s	60s
	90s	2 min
Duration of Set	20s	30s
	60s	90s
Rest After Exercise	10s	15s
	20s	25s