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Core Workouts Without Equipment For Sport

WORKOUT 1 - Complete Exercises in Order 1 – 3 Times

1) Supine Curl Ups – 10 Reps



4) Pike Toe Drag – 10 Reps

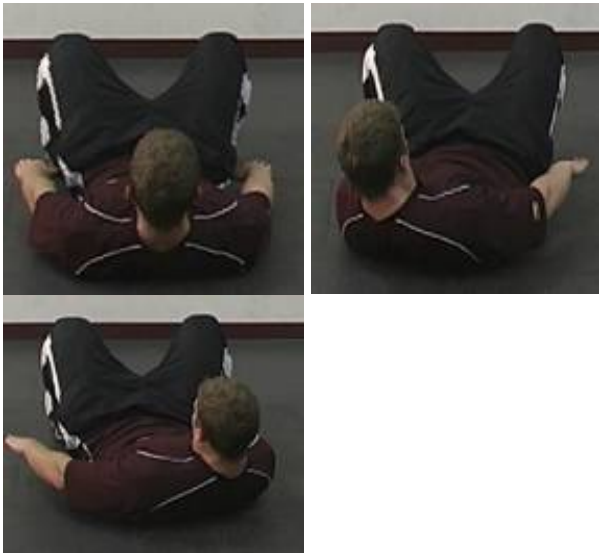


5) Alternating V Up Iso Hold – 12 Reps

3-Second Hold Each Leg



2) Side Touch – 15 Each Way



3) Cobra – 10 Reps with 3 Second Hold



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WORKOUT 2 - Complete Exercises in Order 1 – 3 Times

1.) [Straight Leg Up Crunch](#) – 25 Reps



4.) [Oblique Double Leg Lift Crunch](#)
15 Reps Each Side



2.) [Half Twist](#) – 20 Reps Each Way



5.) [Prone Forearm Bridge](#) – 45 Seconds



3.) [Double Leg V Up](#) – 12 Reps



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WORKOUT 3 - Complete Exercises in Order 1 – 3 Times

1) **Bent Knee Tuck** – 20 Reps



2) **Sit Up With Twist** – 8 Reps E. Way



3) **Supine Leg Circles** – 8 Reps Each Way



4) **Supine Bridge Alternating Leg Lift**

8 Reps Each Leg with 3 Second Hold



5) **Superman** – 12 Reps with 3 Second Hold



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WORKOUT 4 - Complete Exercises in Order 1 – 3 Times

1) Sit Up – 20 Reps



5) Side Bridge – 30 Second Hold E. Way



2) Oblique Leg Lift Crunch

8 Reps Each Side



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3) Supine Bridge – 30 Second Hold



4) Inch Worm – 12 Reps

