Two no equipment core workouts (Beginners)

Core 1 (8-12 reps is recommended)

* Sit-ups (EASIEST: Feet hooked under something, arms on chest or head. HARDER: Feet flat on wall or floor, hold weight in hands which mustn’t rise before your body does \*DO NOT PULL YOURSELF UP WITH THE WEIGHT\*
* Plank hold 30 seconds – 2 min
* Reverse crunches
* Flutter kicks
* Mountain climbers

Core 2 (8-12 reps is recommended)

* Leg raises (EASIEST/MEDIUM: hands under bum/ by your side. HARDER: Hands on head or touch your toes. Try with straight or bent legs to see which you prefer)
* Side plank hold (One on each side, 20 seconds to 1 min hold)
* Bicycle crunches
* Burpees
* Jack knife sit-ups

MONDAY: CORE 1

TUESDAY: REST

WEDNESDAY: CORE 2

THURSDAY: REST

FRIDAY: CORE 1

SATURDAY: REST

SUNDAY: CORE 2

I don’t recommend that you only complete core workouts solely on their own, however if you are only wanting to gain better abdominal muscles then here is a program.