BEGINNER

**Equipment:** None

**Time:** 1 set: 6-8 min
2 sets: 12-16 min
3 sets: 18-24 min

### Crunches
- Place hands by the side of the head, not behind neck, then bend knees
- Exhale and contract abdominal muscles as upper body lifts up
- Keep eyes on the ceiling throughout the movement
- Return to starting position

**Sets:** 1-3  **Rep:** 10-15

### Leg Raises
- Place hands below hips
- Exhale and lift legs up until perpendicular to the floor
- Return to starting position

**Sets:** 1-3  **Rep:** 10-15

### Hip Raises
- Bend knees and bring heels close to hips
- Place hands by the side of the body for support
- Exhale and slowly lift hips as high as possible
- Return to starting position

**Sets:** 1-3  **Rep:** 10-15

### Bicycle Crunches
- Place hands by the side of the head, not behind neck
- Bring right knee in towards the chest
- Exhale and contract core muscles to bring left elbow towards the right knee
- Alternate sides

**Sets:** 1-3  **Rep:** 10-15
BEGINNER

CORE

**Russian Twists**
- Sit with knees bent and arms crossed
- Lean back slightly
- Exhale and turn upper body sideways as far as possible

Sets: 1-3 Rep: 10-15

**Side Plank**
- Lay on right side and anchor elbow below shoulder on the floor
- Exhale and slowly lift hips until body is straight and off the floor
- Breath and hold position
- Switch sides

Sets: 1-3 Rep: 30-60 Seconds

**Plank**
- Lay flat on stomach and anchor elbows below shoulders on the floor
- Exhale and slowly lift hips until body is straight and off the floor
- Breath and hold position

Sets: 1-3 Rep: 30-60 seconds
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