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Safe Core Training Series No Equipment 1

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

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

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](#)

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



