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Core Workouts Without Equipment For Basketball

WORKOUT 1 - Complete Exercises in Order 1 – 3 Times

1.) Supine Curl Ups – 10 Reps



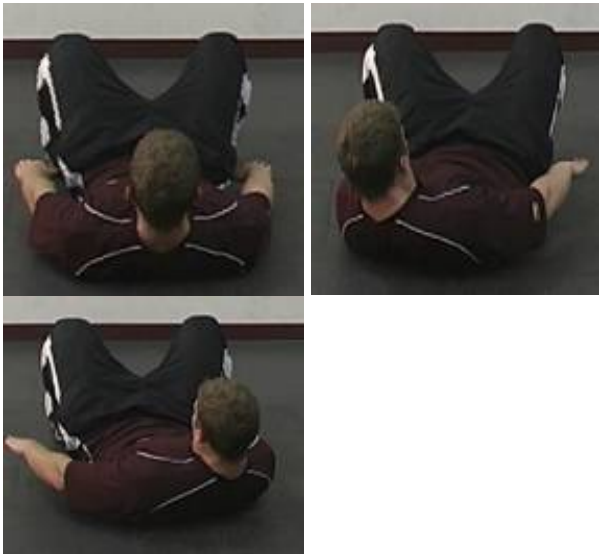
4) Pike Toe Drag – 10 Reps



5) Alternating V Up Iso Hold – 12 Reps 3-Second Hold Each Leg



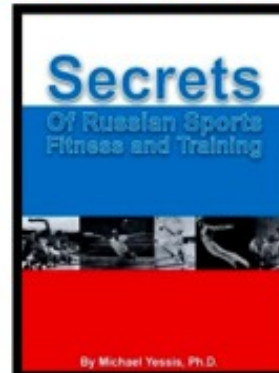
2) Side Touch – 15 Each Way



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



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



3.) [Double Leg V Up](#) – 12 Reps



4.) [Oblique Double Leg Lift Crunch](#)

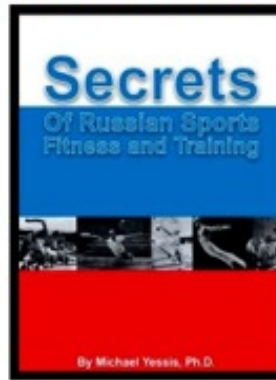
15 Reps Each Side



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



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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



2) Oblique Leg Lift Crunch

8 Reps Each Side



3) Supine Bridge – 30 Second Hold



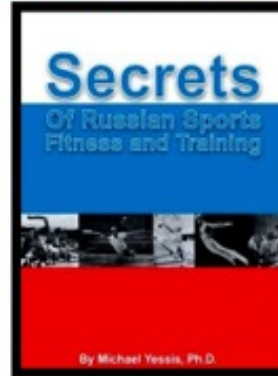
4) Inch Worm – 12 Reps



5) Side Bridge – 30 Second Hold E. Way



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