**4 WEEK BEGINNER CORE STRENGTH TRAINER**

Coach Myers has taken a break from his extreme core challenges to craft a core strength routine for beginners. You're just 1 month away from a strong core!

**Link to Workout:** [https://www.muscleandstrength.com/workouts/4-week-beginner-core-strength](https://www.muscleandstrength.com/workouts/4-week-beginner-core-strength)

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**Week 1**

**Exercise Sets Reps**

**Day 1**

- **Walk Outs (from Knees):** 1 set of 10 reps.
- **Dumbbell Crunch (Light Dumbbell Behind Head):** 1 set of 20 reps.
- **Plank:** 1 set of 1 minute.
- **Band Hold (on Back):** 10 sets of 3 second holds.

**Day 2**

- **Dumbbell Pullovers:** 3 sets of 8 reps.
- **Plate Arches:** 3 sets of 5 reps each side.
- **Side Bridge:** 3 sets of 20-30 seconds each side.
- **Side Bends with Dumbbell:** 3 sets of 10 reps.

**Day 3**

- **Dead Bugs:** 3 sets of 10 seconds holds.
- **Superman:** 3 sets of 10 reps.
  
**Superset**

- **Hyperextensions:** 2 sets of 10 reps.
- **Plank:** 2 sets of 30 seconds.

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**Week 2**

**Exercise Sets Reps**

**Day 1**

- **Walk Outs (from Knees):** 1 set of 10 reps.
- **Dumbbell Crunch (Light Dumbbell Behind Head):** 2 sets of 20 reps.
- **Plank:** 1 set of 1 minute.
- **Band Hold:** 10 sets of 3 second holds.

**Day 2**

- **Dumbbell Pullovers:** 3 sets of 8 reps.
- **Plate Arches:** 3 sets of 5 reps each side.
- **Superman w/ Plates:** 3 sets of 10 reps.

**Superset**

- **Side Bridge:** 1 set of 30 seconds each side.
- **Side Bends with Dumbbell:** 1 set of 10 reps.

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**Week 3**

**Exercise Sets Reps**

**Day 1**

- **Walk Outs (from Knees):** 1 set of 20 reps.
- **Dumbbell Crunch (Heavy, Arms Extended):** 2 sets of 10 reps.
- **Plank:** 3 sets of 1 minute.
- **Band Hold (Kneeling):** 3 sets of max time.

**Day 2**

- **Dumbbell Pullovers:** 3 sets of 8 reps.
- **Plate Arches:** 3 sets of 5 reps each side.
- **Superman:** 3 sets of 10 reps.
- **Side Bridge:** 3 sets of 10 seconds each side.

**Superset**

- **Dead Bugs with Dumbbells:** 3 sets of 10 seconds holds.
- **Superman w/ Plates:** 3 sets of 10 seconds.
- **Reverse Hyperextension on Bench:** 3 sets of 10 seconds; 3 seconds hold each rep.
- **Glute Bridge w/ Heavy Barbell:** 3 sets of 10 seconds.

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**Week 4**

**Exercise Sets Reps**

**Day 1**

- **Giant Set**
  - **Walk Outs:** 3 sets of 5 reps.
- **Dumbbell Crunch (Heavy, Arms Extended):** 3 sets of 10 reps.
- **Plank:** 3 sets of 1 minute.
- **Band Hold (Kneeling):** 3 sets of max time.

**Day 2**

- **Giant Set**
  - **Dumbbell Pullovers + Crunch (on Swiss Ball):** 5 sets of 10 reps.
  - **Plate Arches:** 5 sets of 8 reps each side.
  - **Dead Bugs with Dumbbells:** 5 sets of 10 seconds each side.
  - **Superset**
    - **Reverse Hyperextension on Bench:** 3 sets of 10 seconds.
    - **Glute Bridge w/ Heavy Barbell or Dumbbells:** 3 sets of 10 seconds.

**Week**

- **Giant Set**
  - **Dead Bugs with Dumbbells:** 3 sets of 10 seconds holds.
  - **Superman:** 3 sets of 10 seconds holds.
  - **Reverse Hyperextension on Bench:** 3 sets of 10, 2 seconds hold each rep.
  - **Glute Bridge with Heavy Barbell or Dumbbells:** 3 sets of 10 seconds.

**Note:** If you prefer to perform plate adductions from your knees, use 1/2 to 1 10 reps.