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Workouts



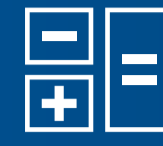
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CORE STRENGTH BLUEPRINT WORKOUT V1.3 WITH COACH MYERS

Use this 4-week core training plan that Coach Myers designed to help develop the core strength and stability needed to master more extreme core exercises.

Link to Workout: <https://www.muscleandstrength.com/workouts/core-strength-blueprint-3>

Main Goal: Increase Strength
Training Level: Intermediate
Program Duration: 4 Weeks
Days Per Week: 4 Days

Time Per Workout: 15-30 Mins
Equipment: Bodyweight, Dumbbells, Exercise Ball
Author: Coach Dustin Myers

Week 1

Exercise	Sets	Reps
Stability Alternates (Knees or Swiss Ball)	1	12 Each Side
Plank	1	1 Min
Side Plank	1	30 Secs Each Side
Walk Ups	1	Max
Repeat Walk Ups for 3 sets of 12, and don't let your hips get too low or too high.		

Week 2

Exercise	Sets	Reps
Stability Alternates (Knees)	1	12 Each Side
Plank	1	Max Time
Side Plank	1	Max Time Each Side
Walk Ups	1	Max
Perform Stability Alternates off of your knees in a Push Up position. Rest 30 - 45 Secs between positions.		

Week 3

Exercise	Sets	Reps
Stability Alternates (3 Secs Hold at Top)	1	10 Each Side
Plank *	1	75 Secs
Superset		
Side Plank	1	30 Secs Each Side
Hip Dips	1	10 Dips Each Side
Walk Ups	1	20
Warrior Twist	1	15 Each Side
*Planks: Start by lifting 1 leg for 10 Secs, then the other for another 10 Secs.		

Week 4

Exercise	Sets	Reps
Plank *	1	6 Mins
*Planks: Front Position for 2 Mins, change to Sides when needed.		