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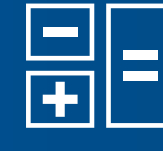
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Tools

## CORE STRENGTH BLUEPRINT WORKOUT V1.4 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-4>

**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, Other

**Author:** Coach Dustin Myers

### Week 1

Exercise	Sets	Reps
Ring Lay Outs	1	10
Ring Push Ups	2	Max
Ring Inn & Outs	2	10 Each Side
Serrano Press	2	8 Each Side
Supermans (on Ground, No Weight)	1	25
Reverse Hyperextension (on Swiss Ball)	1	25

### Week 2

Exercise	Sets	Reps
<b>Circuit</b>		
Ring Lay Outs	1	10
Ring Push Ups	1	Max
Ring Inn & Outs	1	10 Each Side
Serrano Press	1	8 Each Side
Supermans (on Ground, No Weight)	1	25
Reverse Hyperextension (on Swiss Ball)	3	20

Perform the circuit for 3 rounds.

### Week 3

Exercise	Sets	Reps
Ring Lay Outs*	1	10
Ring Push Ups*	2	Max
Ring Inn & Outs*	2	10 Each Side
Serrano Press	2	8 Each Side
Supermans (w/ 5 lb Plates)	1	20
Reverse Hyperextension (on Swiss Ball, 5 Secs Hold at Top)	3	10

\* Perform w/ feet elevated on Plyo box.

### Week 4

Exercise	Sets	Reps
<b>Circuit</b>		
Ring Lay Outs (on Plyo Box)	1	10
Ring Push Ups (on Swiss Ball)	1	Max
Ring Inn & Outs	1	10 Each Side
Serrano Press	1	8 Each Side
Supermans (w/ 5 lb Plates)	1	20
Reverse Hyperextension (on Swiss Ball)	1	100

Perform the circuit for 3 rounds.