

YOUR ULTIMATE 4-WEEK CORE STRENGTH PLAN

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK 1: THE THREE BASICS

1

Plank

Hold 10s on,
3s off x 2

Side Plank

Hold 10s on,
3s off x 2
(each side)

Bird Dog

Hold 10s on,
3s off x 2
(each side)

2

Plank

Hold 10s on
3s off x 3

Side Plank

Hold 10s on
3s off x 3
(each side)

Bird Dog

Hold 10s on
3s off x 3
(each side)

3

Plank

Hold 10s on
3s off x 4

Side Plank

Hold 10s on
3s off x 4
(each side)

Bird Dog

Hold 10s on
3s off x 4
(each side)

4

Plank

Hold 10s on
3s off x 5

Side Plank

Hold 10s on
3s off x 5
(each side)

Bird Dog

Hold 10s on
3s off x 5
(each side)

5

Plank

Hold 10s on
3s off x 6

Side Plank

Hold 10s on
3s off x 6
(each side)

Bird Dog

Hold 10s on
3s off x 6
(each side)

6

Front Plank Test

Hold up to 2
minutes

Side Plank Test

Hold up to 2
minutes
(each side)

7

REST

WEEK 2: ADD THE CURL UP AND INCREASE SETS

8

McGill Curl Up

10 x 2 second
holds

Plank

Hold 10s on,
3s off x 7

Side Plank:

Hold 10s on,
3s off x 7
(each side)

Bird Dog:

Hold 10s on,
3s off x 7
(each side)

9

McGill Curl Up

10 x 3 second
holds

Plank

Hold 10s on,
3s off x 8

Side Plank:

Hold 10s on,
3s off x 8
(each side)

Bird Dog:

Hold 10s on,
3s off x 8
(each side)

10

McGill Curl Up

10 x 4 second
holds

Plank

Hold 10s on,
3s off x 9

Side Plank:

Hold 10s on,
3s off x 9
(each side)

Bird Dog:

Hold 10s on,
3s off x 9
(each side)

11

McGill Curl Up

10 x 5 second
holds

Plank

Hold 10s on,
3s off x 9

Side Plank:

Hold 10s on,
3s off x 9
(each side)

Bird Dog:

Hold 10s on,
3s off x 9
(each side)

12

McGill Curl Up

10 x 6 second
holds

Plank

Hold 10s on,
3s off x 10

Side Plank:

Hold 10s on,
3s off x 10
(each side)

Bird Dog:

Hold 10s on,
3s off x 10
(each side)

13

Front Plank Test

Hold up to 2
minutes

Side Plank Test

Hold up to 2
minutes
(each side)

14

REST

YOUR ULTIMATE 4-WEEK CORE STRENGTH PLAN

WEEK 3: DECREASE SETS, INCREASE INTENSITY

15

Plank + Leg Raises

Hold 10s on
3s off x 2

Side Plank + Leg Raises

Hold 10s on
3s off x 2
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 7s holds

16

Plank + Arm Reaches

Hold 10s on
3s off x 3

Side Plank + Leg Raises

Hold 10s on
3s off x 3
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 8s holds

17

Plank + Leg Raises

Hold 10s on
3s off x 4

Side Plank + Leg Raises

Hold 10s on
3s off x 4
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 9s holds

18

Plank + Arm Reaches

Hold 10s on
3s off x 5

Side Plank + Leg Raises

Hold 10s on
3s off x 5
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 10s holds

19

Plank + Leg Raises

Hold 10s on
3s off x 6

Side Plank + Leg Raises

Hold 10s on
3s off x 6
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 10s holds

20

Front Plank Test

Hold up to 2 minutes

Side Plank Test

Hold up to 2 minutes
(each side)

21

REST

WEEK 4: VOLUME INCREASE

22

Plank Walks side to side

Hold 10s on
3s off x 7

Side Plank + Twist

Hold 10s on
3s off x 7
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 10s holds

23

Plank Walks side to side

Hold 10s on
3s off x 8

Side Plank + Twist

Hold 10s on
3s off x 8
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 10s holds

24

Plank Walks side to side

Hold 10s on
3s off x 9

Side Plank + Twist

Hold 10s on
3s off x 9
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 10s holds

25

Plank Walks side to side

Hold 10s on
3s off x 10

Side Plank + Twist

Hold 10s on
3s off x 10
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 10s holds

26

Plank Walks side to side

Hold 10s on
3s off x 11

Side Plank + Twist

Hold 10s on
3s off x 11
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 10s holds

27

Plank Walks side to side

Hold 10s on
3s off x 12

Side Plank + Twist

Hold 10s on
3s off x 12
(each side)

Bird Dog

Hold 10s on
3s off x 10
(each side)

McGill Curl Up

10 x 10s holds

28

Front Plank Test

Hold up to 2 minutes

Side Plank Test

Hold up to 2 minutes
(each side)