

# 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)