



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## 4 WEEK BEGINNER CORE STRENGTH TRAINER

Coach Myers has taken a break from 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.muscleanstrength.com/workouts/4-week-beginner-core-strength>

**Main Goal:** Increase Strength

**Training Level:** Beginner

**Program Duration:** 4 Weeks

**Days Per Week:** 6 Days

**Time Per Workout:** 15-30 Mins

**Equipment:** Bands, Bodyweight, Dumbbells

**Author:** Coach Dustin Myers

### Week 1

Exercise	Sets	Reps
<b>Day 1</b>		
Walk Outs (from Knees)	1	10
<a href="#">Dumbbell Crunch</a> (Light Dumbbell Behind Head)	1	20
<a href="#">Plank</a>	1	1 Min
Band Hold (on Back)	10	3 Sec Holds
<b>Day 2</b>		
<a href="#">Dumbbell Pullovers</a>	3	8
Plate Arches	3	5 Each Side
<a href="#">Side Bridge</a>	1	20 - 30 Secs Each Side
<a href="#">Side Bends w/ Dumbbell</a>	3	10 Each Side
<b>Day 3</b>		
Dead Bugs	3	10 Secs Hods
Supermans	3	10
<b>Superset</b>		
<a href="#">Hyperextensions</a>	2	10
<a href="#">Glute Bridge</a>	2	30 Secs

### Week 2

Exercise	Sets	Reps
<b>Day 1</b>		
Walk Outs (from Knees)	1	10
<a href="#">Dumbbell Crunch</a> (Light Dumbbell Behind Head)	2	20
<a href="#">Plank</a>	1	1 Min
Band Hold	10	3 Secs Hold
<b>Day 2</b>		
<a href="#">Dumbbell Pullovers</a>	3	8
Plate Arches	3	5 Each Side
<b>Superset</b>		
<a href="#">Side Bridge</a>	1	30 Secs Each Side
<a href="#">Side Bends w/ Dumbbell</a>	1	10 Each Side
<b>Day 3</b>		
Dead Bugs	3	10 Secs Holds
Supermans w/ Plates	3	10
<b>Superset</b>		
<a href="#">Hyperextensions</a> w/ Plates	3	10
<a href="#">Glute Bridge</a> w/ Dumbbells	3	10 Secs

### Week 3

Exercise	Sets	Reps
<b>Day 1</b>		
Walk Outs (from Knees)	1	20
<a href="#">Dumbbell Crunch</a> (Heavy, Arms Extended)	2	10
<b>Superset</b>		
<a href="#">Plank</a>	1	1 Min
Band Hold (Kneeling)	1	Max Time
<b>Day 2</b>		
<a href="#">Dumbbell Pullovers</a>	3	8
Plate Arches	3	5 Each Side
<b>Superset</b>		
<a href="#">Side Bridge</a>	1	30 Secs Each Side
<a href="#">Side Bends w/ Dumbbell</a>	1	10 Each Side
<b>Day 3</b>		
<b>Superset</b>		
Dead Bugs	3	10 Secs Holds
Supermans	3	10 Secs Hold
<b>Superset</b>		
Reverse Hyperextension on Bench	3	10
<a href="#">Glute Bridge</a> w/ Dumbbells	3	30 Secs

### Week 4

Exercise	Sets	Reps
<b>Day 1</b>		
<b>Giant Set</b>		
Walk Outs*	3	5
<a href="#">Dumbbell Crunch</a> (Heavy, Arms Extended)	3	10
<a href="#">Plank</a>	3	1 Min
Band Hold (Kneeling)	3	Max Time
<b>Day 2</b>		
<b>Giant Set</b>		
<a href="#">Dumbbell Pullovers</a> + <a href="#">Crunch</a> (on Swiss Ball)	5	10
Plate Arches	5	8 Each Side
<a href="#">Side Bridge</a>	5	30 Secs Each Side, 1st 10 Secs w/ 1 Leg Up
<a href="#">Side Bends w/ Dumbbell</a>	5	10 Each Side
<b>Day 3</b>		
<b>Giant Set</b>		
Dead Bugs w/ Dumbbells	3	10 Secs Holds
Supermans w/ Plates	3	10 Secs Hold
Reverse Hyperextension on Bench	3	10; 3 Secs Hold Each Rep
<a href="#">Glute Bridge</a> w/ <a href="#">Heavy Barbell</a> or Dumbbells	3	10 Secs

\*Walk Outs: If you prefer to perform Walkouts from your knees, do 3 sets of 10 reps.