



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



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Workouts



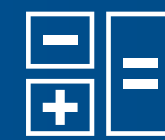
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## BUILD CORE STRENGTH! COACH MYERS' TOP 5 EXERCISES FOR CORE STABILITY

Coach Myers is back at it and just in time to help you build your core for summer! Check out his top 5 core exercises and these progressive core workouts!

Link to Workout: <https://www.muscleandstrength.com/workouts/myers-top-core-exercises>

**Main Goal:** Increase Strength  
**Training Level:** Intermediate  
**Program Duration:** 3 Weeks  
**Days Per Week:** 3 Days

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

### Week 1

Exercise	Sets	Reps
Palov Press - Press Straight Out	1	10 Each Side
Walkouts fom Knees	3	10
Stability Alternates from Knees	3	10 Each Side
Saws - Forward Only	2	10
Palov Press - Hip Extension	1	10 Each Side

### Week 2

Exercise	Sets	Reps
Palov Press - Press Straight Out	1	10
Walkouts	2	10*
Saws	1	10**
Wheel Barrow Walks (on Swiss Ball)	3	10
Stability Alternates (from Feet)	1	10 Each Side
Palov Press - Front Raise	1	10 Each Side
Palov Press - Hip Extension	1	10 Each Side

\*Walkouts: Perform 3 reps from feet & 7 reps from knees. \*\*Saws: Begin to progress back as well.

### Week 3

Exercise	Sets	Reps
Stability Alternates	3	10 Each Side
Walkouts	3	10**
Saws	3	10***
Wheel Barrow Walks (Feet on Sliders)	3	30 Each Direction
Palov Press - Press Straight Out (on Swiss Ball)	3	10 Each Side
Palov Press - Front Raise	3	10 Each Side
Palov Press - Hip Extension	3	10 Each Side

Perform each exercise in a circuit resting 1 Min between circuits. \*\*Walkouts: Complete all 10 reps w/ full range of motion. \*\*\*Saws: Perform 5 reps from feet & 5 reps from knees.