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Workouts



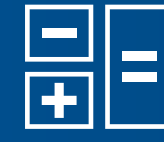
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CORE STRENGTH BLUEPRINT WORKOUT V1.1 WITH COACH MYERS

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-1>

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, Exercise Ball, Other
Author: Coach Dustin Myers

Week 1

Exercise	Sets	Reps
Rope Climb (x1) or Towel Chins	3	10
Dumbbell Pullovers	2	12
Walkouts (from Knees)	1	20
Pikes (Shins on Swiss Ball)	1	20

Week 2

Exercise	Sets	Reps
Rope Climb (x1) or Towel Chins	5	10
Dumbbell Pullovers	2	12
Walkouts (from Feet)	1	10
Pikes (Feet on Swiss Ball)	1	20

Week 3

Exercise	Sets	Reps
Rope Climb (x1) or Towel Chins	5	12
Dumbbell Pullovers (on Swiss Ball) to Crunch	2	8
Walkouts (from Feet)	1	20
Pikes (Feet on Swiss Ball)	1	20

Week 4

Exercise	Sets	Reps
Rope Climb (x1) or Towel Chins (L - Position)	3	10
Dumbbell Pullovers (on Swiss Ball) to Crunch	2	8
Walkouts	1	20
Pikes (on Swiss Ball)	3	10