

8 Week Core Program

- **Trainer Times:** 8-12 minutes (actual completion times)
- **Equipment:** Towel or Mat (all bodyweight)
- **Duration:** 8 weeks
- **Workouts:** 3x a week
- **Goal:** Complete 3 sessions/week, for 8 weeks.

Week	Day 1	Day 2	Day 3
1	A	A	A
2	A	A	A
3	A	B	A
4	B	B	B
5	B	B	B
6	B	C	B
7	C	C	C
8	C	C	C

Trainer Tips

- Complete 3 workouts a week.
- Rest 1-2 minutes between each round.
- Add these workouts to your morning routine, evening routine, or to the beginning of your normal workout routine.
- At the end of the program, rest for 1 week, then restart at week 1.
- Use the embedded Video Links for video demonstrations of each of the workouts.

Program Structure

- Workout A focuses on Stabilization.
- Workout B focuses on Endurance.
- Workout C focuses on Strength.
- There's a transitory week between each phase (week 3 and week 6).

Sessions A, B, & C

Session A: 3 Rounds

- Flutter Kicks: 30 seconds
- Side Planks: 15 seconds each side
- Planks: 30 seconds
- Prone Cobra: 30 seconds

Video Link: [Core A Session](#)

Session B: 3 Rounds

- Superset 1:
 - 6 Toes to Sky // 12 Bicycle Crunches
- Superset 2:
 - 6 Swimmers // 12 Side Crunches

Video Link: [Core B Session](#)

Session C: 3 Rounds

- V-Ups: 12 Repetitions
- Russian Twists: 12 Repetitions (each side)
- Mountain Climbers: 20 Repetitions (each leg)
- Supermans: 12 Repetitions

Video Link: [Core C Session](#)