

# 8-Week Core Program

## Welcome to the Layman's Fitness 8-week core program

Over the next 8-weeks, you will focus on improving the strength and stability in your core focusing on these areas:

- Your bottom, middle, and upper abdominals
- Your obliques
- Your lower back

**Level:** Beginner

### Here's the equipment you will need:

Nothing. Just you and your body!

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## Before you start...

This workout program is a great start to exercising at home.

But the **Kettlebell Strength System** goes further.

The **Kettlebell Strength System** gives you everything: custom training plans, nutrition made simple, and accountability to stay on track.

It's built for busy Christian guys who want to lose weight, build strength, and stay consistent - all at home.

Here's where you can learn more.

[Learn More](#)

- Don

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Here's your 8-week workout schedule

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

## Schedule Tip

- These workouts take 8-12 minutes
- Put one day of rest between workouts.
- Add these to the end of your current routine

# Workouts A, B, & C

## Session A: 3 Rounds

**Video Link:** [Core A Session](#). Rest 1-2 minutes between rounds.

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

## Session B: 3 Rounds

**Video Link:** [Core B Session](#). Rest 1-2 minutes between rounds.

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

## Session C: 3 Rounds

**Video Link:** [Core C Session](#). Rest 1-2 minutes between rounds.

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

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## Frequently Asked Questions

### How long do these workouts take?

- While it depends on how long you rest, these workouts will take anywhere from 20-40 minutes (including warm-up/cool-down time).

### Can I do these workouts at home?

- Absolutely, and that's preferred. You can save hours of time per week in not commuting to a gym.

### I don't know how to do certain movements; what do I do?

- Each movement has an embedded link that will take you to an instructional page on the [Layman's Fitness](#) website.

### I'm injured. Should I do this program?

- Consult with your doctor prior to beginning an exercise program, especially if you have physical restrictions.

### Don't see your question?

Send me an email at [don@laymansfitness.com](mailto:don@laymansfitness.com)