

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...

If you find this helpful, then I think you'll like the free weekly newsletter.

Layman's Fitness Newsletter

Every week I share step-by-step content and practical finds that will help you get lean all at home.

Join thousands of other Christian guys reading this weekly.

Hope this serves,

- 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