

Core & Lean

Regardless of any situation, having a strong core will have you undefeatable. This 4 week program is designed to develop your core, maintain your core and promote the body with reducing body fat. Each week your aspect to increase your time and sets for greater effectiveness. Perform each circuit straight through with a minimum of 10-15 seconds of a break.

8 Weeks

Weekly Progressions			
Weeks	Sets	Duration	Rest
Week 1	3	30 Seconds	15 Seconds
Week 2	3	45 Seconds	15 Seconds
Week 3	3	60 Seconds	15 Seconds
Week 4	4	60 Seconds	15 Seconds

Weekly Progressions			
Weeks	Sets	Duration	Rest
Week 5	4	60+ Seconds	10 Seconds
Week 6	4	60+ Seconds	10 Seconds
Week 7	5	60+ Seconds	10 Seconds
Week 8	5	60+ Seconds	10 Seconds

Day 1: Core Circuit

Exercise	Sets	Duration
Sitting Upright Toe Taps	3	30 Seconds
Russian Twist	3	30 Seconds
Lying Full Toe Tapping Sit-Ups	3	30 Seconds
Crossover Mountain Climbers	3	30 Seconds

Day 2: Core Circuit

Exercise	Sets	Duration
Side To Side Heel Taps	3	30 Seconds
High Diamond Toe Taps	3	30 Seconds
Lying Pull Ins w/ WindShield Wipers	3	30 Seconds
Plank Jacks	3	30 Seconds

Day 3: Core Circuit

Exercise	Sets	Duration
Wall High Knees	3	30 Seconds
High Plank Side to Side Jumps w/ Pikes	3	30 Seconds
RollOver Advance	3	30 Seconds
Extending Heel Tap Crunches	3	30 Seconds

Note: Perform all circuits with full ranges of motion