

4-Week Core Program

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	DAY OFF	BEYOND SIT-UPS	DAY OFF	STRENGTH & FLEXIBILITY	DAY OFF	DAY OFF	DAY OFF
WEEK 2	DAY OFF	PLANK POWER	DAY OFF	STABILITY BALL CORE WORKOUT	DAY OFF	DAY OFF	DAY OFF
WEEK 3	DAY OFF	TONED CORE & BUTT	DAY OFF	INJURY PREVENTION	DAY OFF	DAY OFF	DAY OFF
WEEK 4	DAY OFF	ABS ANYWHERE ANY TIME	DAY OFF	WEIGHTED CORE WORKOUT	DAY OFF	DAY OFF	DAY OFF