



# Military Athlete

**Strong. Swift. Durable**  
[www.militaryathlete.com](http://www.militaryathlete.com)

## CORE STRENGTH TRAINING PLAN

### PROGRAM DESCRIPTION

This intense, 4-week, 20x session program is specifically designed to improve core strength and function. Core/mid-section strength is a key to durability and major focus of Military Athlete programming.

This training program deploys exercises which train flexion, rotation, extension and isometric core strength, in circuit and interval formats. This program can complement other training. Expect these training sessions to take approximately 30 minutes, depending upon your fitness.

If you are complementing other training with this plan, complete your other training first in the day or workout. Finish with these training sessions.

### PROGRAM OVERVIEW

Each day week has the same general layout that is progressed - made harder - as you move through the plan. Don't skip around. If you miss a day, pick up where you left off.

Each day of the week is different, and designed to target certain movements while still training your entire core.

### REQUIRED EQUIPMENT

This training plan is designed to be completed in any commercial gym. The following equipment is required:

- 2x 25/35/45# plates
- 1x 45# Barbell
- A Pull-up Bar
- Glute Ham Developer (GHD)
- Dumbbells
- A stopwatch or wall clock with second hand

### COMMON QUESTIONS

#### How long will these sessions last?

This is a supplemental program. Sessions are designed to last 30 minutes.

#### What if I miss a day?

If you miss a day, make up the session you missed the next day and follow the programming as prescribed.

#### **4-WEEK CORE IMPROVEMENT PROGRAM, MARCH 2014**

**What do the two numbers for loading mean after an exercise?**

Weighted Sit-ups - 25/35# plate, for example. The 25/35# is female/male loading. All of our loading is listed like this.

**What do the two numbers for loading mean after an exercise?**

Weighted Sit-ups - 25/35# plate, for example. The 25/35# is female/male loading. All of our loading is listed like this. Some of the exercises have different loading for men and women. Some don't.

**What do the two numbers for prescribed reps mean?**

For Example: 3/5x Pull up Bar Heel Taps means women do 3x reps, men 5x reps.

**Unfamiliar Exercises?**

Click Here: [http://mountainathlete.com/page.php?page\\_ID=14](http://mountainathlete.com/page.php?page_ID=14)

**What if I have more questions?**

Contact [rob@militaryathlete.com](mailto:rob@militaryathlete.com)

Good Luck!

Rob Shaul

Military Athlete

Jackson, Wyoming

## CORE STRENGTH TRAINING PLAN, MARCH 2014

WEEK 1 - CORE STRENGTH 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SESSION 1</p> <p>Training:</p> <p>(1) 4 Rounds 8x Weighted Situp @ 25# 30 Sec. Front Bridge 5x Kneeling Keg Lift @ 25/35# 30 Sec. Superman Hold</p> <p>(2) 4 Rounds 20 Sec. Plank Walk Up 20 Sec. Situp 20 Sec. Rest</p> <p><b>Comments:</b> Grind through the circuit in part (1). For the keg lift, you can use either dumbbells, as listed, or kettlebells. If kettlebells, women use 16kg, Men use 20kg.</p> <p>Part (2) - sprint to the rest each round.</p>	<p>SESSION 2</p> <p>Training:</p> <p>(1) 6 Rounds 5x Standing Slasher @ 25/35# 8x Good Morning @ 45# Barbell 5x Standing Russian Twist @ Barbell/Barbell + 15# 8x GHD Back Extension</p> <p><b>Comments:</b> This is a Grind. Work briskly, not frantically. You can substitute kettlebells (12/16kg) for the dumbbells when doing the Standing Slashers.</p>	<p>SESSION 3</p> <p>Training:</p> <p>(1) 4 Rounds 15/15 Standing Founder 15/15 Low Back Lunge 15/15 Kneeling Founder 15x Face Down Back Extension</p> <p>(2) 4 Rounds 20 Sec. Weighted Situp @ 25# 20 Sec. EO's 20 Sec. Rest</p> <p><b>Comments:</b> Grind through the circuit in part (1).</p> <p>Part (2) - sprint to the rest each round.</p>	<p>SESSION 4</p> <p>Training:</p> <p>(1) 6 Rounds 8x GHD Situps 60 Sec. Plate Carry @ 70/90# 5x Kneeling Plate Halfmoon @ 25/35# 15/15/15/15 3-Limb Front Bridge</p> <p><b>Comments:</b> Grind through this circuit. Work briskly, not frantically.</p> <p>Plate Carry - women carry a 45+25# Plate. Men carry 2x 45# plates.</p>	<p>SESSION 5</p> <p>Training:</p> <p>(1) 4 Rounds 3/5x Pull Up Bar Heel Tap 8x EO's 30/30 Waiter Walk @ 15/25# 8x GHD Back Extension</p> <p>(2) 4 Rounds 20 Sec. Russian Triangle @ 25# 20/20 Side Bridge</p> <p><b>Comments:</b> Grind through the circuit in part (1). For the Waiter Walk, right arm overhead for first 30 seconds, then switch and left arm overhead for last 30 seconds. You can use either dumbbells, as listed, or kettlebells. If kettlebells, women use 8kg, Men use 12kg.</p> <p>Part (2) - No rest between exercises - move right from the side bridge directly into the next round of Russian Triangles.</p>

## CORE STRENGTH TRAINING PLAN, MARCH 2014

WEEK 2 - CORE STRENGTH I				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SESSION 6</p> <p>Training:</p> <p>(1) 4 Rounds 10x Weighted Situp @ 25# 40 Sec. Front Bridge 6x Kneeling Keg Lift @ 25/35# 40 Sec. Superman Hold</p> <p>(2) 5 Rounds 20 Sec. Plank Walk Up 20 Sec. Situp 20 Sec. Rest</p> <p><b>Comments:</b> Grind through the circuit in part (1). For the keg lift, you can use either dumbbells, as listed, or kettlebells. If kettlebells, women use 16kg, Men use 20kg.</p> <p>Part (2) - sprint to the rest each round.</p>	<p>SESSION 7</p> <p>Training:</p> <p>(1) 6 Rounds 6x Standing Slasher @ 25/35# 10x Good Morning @ 45# Barbell 6x Standing Russian Twist @ Barbell/Barbell + 15# 10x GHD Back Extension</p> <p><b>Comments:</b> This is a Grind. Work briskly, not frantically. You can substitute kettlebells (12/16kg) for the dumbbells when doing the Standing Slashers.</p>	<p>SESSION 8</p> <p>Training:</p> <p>(1) 4 Rounds 15/15 Standing Founder 15/15 Low Back Lunge 15/15 Kneeling Founder 15x Face Down Back Extension</p> <p>(2) 5 Rounds 20 Sec. Weighted Situp @ 25# 20 Sec. EO's 20 Sec. Rest</p> <p><b>Comments:</b> Grind through the circuit in part (1).</p> <p>Part (2) - sprint to the rest each round.</p>	<p>SESSION 9</p> <p>Training:</p> <p>(1) 6 Rounds 10x GHD Situps 70 Sec. Plate Carry @ 70/90# 6x Kneeling Plate Halfmoon @ 25/35# 15/15/15/15 3-Limb Front Bridge</p> <p><b>Comments:</b> Grind through this circuit. Work briskly, not frantically.</p> <p>Plate Carry - women carry a 45+25# Plate. Men carry 2x 45# plates.</p>	<p>SESSION 10</p> <p>Training:</p> <p>(1) 4 Rounds 4/6x Pull Up Bar Heel Tap 10x EO's 30/30 Waiter Walk @25/35# 10x GHD Back Extension</p> <p>(2) 5 Rounds 20 Sec. Russian Triangle @ 25# 20/20 Side Bridge</p> <p><b>Comments:</b> Grind through the circuit in part (1). For the Waiter Walk, right arm overhead for first 30 seconds, then switch and left arm overhead for last 30 seconds. You can use either dumbbells, as listed, or kettlebells. If kettlebells, women use 12kg, Men use 16kg.</p> <p>Part (2) - No rest between exercises - move right from the side bridge directly into the next round of Russian Triangles.</p>

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WEEK 3 - CORE STRENGTH I				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SESSION 11</p> <p>Training:</p> <p>(1) 4 Rounds 12x Weighted Situp @ 25# 45 Sec. Front Bridge 7x Kneeling Keg Lift @ 25/35# 45 Sec. Superman Hold</p> <p>(2) 4 Rounds 30 Sec. Plank Walk Up 30 Sec. Situp 15 Sec. Rest</p> <p><b>Comments:</b> Grind through the circuit in part (1). For the keg lift, you can use either dumbbells, as listed, or kettlebells. If kettlebells, women use 16kg, Men use 20kg.</p> <p>Part (2) - sprint to the rest each round.</p>	<p>SESSION 12</p> <p>Training:</p> <p>(1) 6 Rounds 7x Standing Slasher @ 25/35# 12x Good Morning @ 45# Barbell 7x Standing Russian Twist @ Barbell/Barbell + 15# 12x GHD Back Extension</p> <p><b>Comments:</b> This is a Grind. Work briskly, not frantically. You can substitute kettlebells (12/16kg) for the dumbbells when doing the Standing Slashers.</p>	<p>SESSION 13</p> <p>Training:</p> <p>(1) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 20x Face Down Back Extension</p> <p>(2) 4 Rounds 30 Sec. Weighted Situp @ 25# 30 Sec. EO's 15 Sec. Rest</p> <p><b>Comments:</b> Grind through the circuit in part (1).</p> <p>Part (2) - sprint to the rest each round.</p>	<p>SESSION 14</p> <p>Training:</p> <p>(1) 6 Rounds 12x GHD Situps 80 Sec. Plate Carry @ 70/90# 7x Kneeling Plate Halfmoon @ 25/35# 20/20/20/20 3-Limb Front Bridge</p> <p><b>Comments:</b> Grind through this circuit. Work briskly, not frantically.</p> <p>Plate Carry - women carry a 45+25# Plate. Men carry 2x 45# plates.</p>	<p>SESSION 15</p> <p>Training:</p> <p>(1) 4 Rounds 5/7x Pull Up Bar Heel Tap 12x EO's 30/30 Waiter Walk @25/35# 12x GHD Back Extension</p> <p>(2) 4 Rounds 30 Sec. Russian Triangle @ 25# 30/30 Side Bridge</p> <p><b>Comments:</b> Grind through the circuit in part (1). For the Waiter Walk, right arm overhead for first 30 seconds, then switch and left arm overhead for last 30 seconds. You can use either dumbbells, as listed, or kettlebells. If kettlebells, women use 12kg, Men use 16kg.</p> <p>Part (2) - No rest between exercises - move right from the side bridge directly into the next round of Russian Triangles.</p>

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WEEK 4 - CORE STRENGTH I				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SESSION 16</p> <p>Training:</p> <p>(1) 4 Rounds 14x Weighted Situp @ 25# 60 Sec. Front Bridge 8x Kneeling Keg Lift @ 25/35# 60 Sec. Superman Hold</p> <p>(2) 5 Rounds 30 Sec. Plank Walk Up 30 Sec. Situp 15 Sec. Rest</p> <p><b>Comments:</b> Grind through the circuit in part (1). For the keg lift, you can use either dumbbells, as listed, or kettlebells. If kettlebells, women use 16kg, Men use 20kg.</p> <p>Part (2) - sprint to the rest each round.</p>	<p>SESSION 17</p> <p>Training:</p> <p>(1) 6 Rounds 8x Standing Slasher @ 25/35# 14x Good Morning @ 45# Barbell 8x Standing Russian Twist @ Barbell/Barbell + 15# 14x GHD Back Extension</p> <p><b>Comments:</b> This is a Grind. Work briskly, not frantically. You can substitute kettlebells (12/16kg) for the dumbbells when doing the Standing Slashers.</p>	<p>SESSION 18</p> <p>Training:</p> <p>(1) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 20x Face Down Back Extension</p> <p>(2) 5 Rounds 30 Sec. Weighted Situp @ 25# 30 Sec. EO's 15 Sec. Rest</p> <p><b>Comments:</b> Grind through the circuit in part (1).</p> <p>Part (2) - sprint to the rest each round.</p>	<p>SESSION 19</p> <p>Training:</p> <p>(1) 6 Rounds 14x GHD Situps 90 Sec. Plate Carry @ 70/90# 8x Kneeling Plate Halfmoon @ 25/35# 20/20/20/20 3-Limb Front Bridge</p> <p><b>Comments:</b> Grind through this circuit. Work briskly, not frantically.</p> <p>Plate Carry - women carry a 45+25# Plate. Men carry 2x 45# plates.</p>	<p>SESSION 20</p> <p>Training:</p> <p>(1) 4 Rounds 6/8x Pull Up Bar Heel Tap 14x EO's 30/30 Waiter Walk @35/45# 14x GHD Back Extension</p> <p>(2) 5 Rounds 30 Sec. Russian Triangle @ 25# 30/30 Side Bridge</p> <p><b>Comments:</b> Grind through the circuit in part (1). For the Waiter Walk, right arm overhead for first 30 seconds, then switch and left arm overhead for last 30 seconds. You can use either dumbbells, as listed, or kettlebells. If kettlebells, women use 16kg, Men use 20kg.</p> <p>Part (2) - No rest between exercises - move right from the side bridge directly into the next round of Russian Triangles.</p>