

4-Week Core Strengthening Program

WEEK 1: Activation & Awareness

Goal: Activate deep core muscles, improve awareness & posture.

Exercise	Sets x Reps	Notes
Abdominal Bracing (supine)	3 x 10	Hold 5–10 sec
Pelvic Tilts	3 x 10	Posterior tilt, supine
Diaphragmatic Breathing	5 min/day	Supine or seated
Glute Bridge (basic)	3 x 10	Neutral spine
Cat-Cow (spinal mobility)	3 x 10	Controlled movement

HEP:

- Abdominal bracing
- Diaphragmatic breathing
- Glute bridge

WEEK 2: Stability & Endurance

Goal: Enhance endurance of stabilizing muscles.

Exercise	Sets x Reps	Notes
Dead Bug	3 x 10	Opposite arm/leg, maintain brace
Glute Bridge with Marching	3 x 8/leg	Keep hips level
Quadruped Bird Dog	3 x 10	Hold 5 seconds each
Side-Lying Clamshells	3 x 10	Glute medius focus
Wall Sits (with core brace)	3 x 30 sec	Activate core throughout

HEP for Week 2:

- Dead bug (alt legs only)
- Bird dog
- Side-lying clamshells

WEEK 3: Dynamic Control & Strength

Goal: Improve strength with dynamic movements.

Exercise	Sets x Reps	Notes
Dead Bug	3 x 10	Maintain control
Side Plank	3 x 15–30 sec	Progress as tolerated
Standing Pallof Press (band)	3 x 10/side	Anti-rotation
Glute Bridge (feet elevated)	3 x 10	Increases glute/core demand
Squat with Core Engagement	3 x 10	Cue bracing throughout

HEP for Week 3:

- Dead bug (full)
- Pallof press
- Side plank (modified as needed)

WEEK 4: Functional Integration

Goal: Apply core control to full-body movement.

Exercise	Sets x Reps	Notes
Single-leg Glute Bridge	3 x 8/leg	Focus on alignment
Side Plank with Leg Lift	3 x 8/side	Advanced
Farmer's Carry (light weights)	3 x 30 seconds	Upright posture, core tight
Lunges with Core Bracing	3 x 10/leg	Neutral spine

Mountain Climbers (slow)

3 x 10–15/leg

Core control over speed

HEP for Week 4:

- Farmer's carry (daily walks if possible)
- Side plank + leg lift (if appropriate)
- Lunges with brace cue

HEP Summary

Week	HEP Exercises	Frequency
1	Diaphragmatic breathing, Glute bridges, Bracing	5x/week
2	Dead bug (legs), Clamshells, Bird dog	4–5x/week
3	Side plank (mod), Pallof press, Dead bug (full)	4x/week
4	Farmer's carry, Side plank + lift, Lunges	3–4x/week