



4 Week



Core & Conditioning

Forge a rock-solid core and enhance endurance.

Your Journey to a Stronger *Core* and better Conditioning

Congratulations on taking the first step towards achieving your core and conditioning goals!

Remember that consistency, proper form, and progressive overload are the cornerstones of this program.

This 4-week program provides a solid foundation. After completing it, you can:

- Repeat the program, focusing on increasing the weight, reps, duration, or intensity.
- Incorporate more advanced exercises or training techniques.
- Adjust the program to address any specific weaknesses or goals.
- Transition to a new program that focuses on a different training split or conditioning modality.

Your fitness journey is a marathon, not a sprint. Stay committed, be patient, and celebrate your progress along the way. If you have any questions or need further guidance, don't hesitate to reach out to us. Here's to your success!

www.BluPrintToHealth.com

About This

Program

Welcome to your Core and Conditioning Program! This program is designed to help intermediate lifters enhance core strength, stability, and overall conditioning. Over the next four weeks, you'll be guided through a structured routine that incorporates a variety of effective exercises.

This program is crafted to maximize your time in the gym, with each session lasting approximately 45 minutes. We'll focus on progressive overload, ensuring you're consistently challenged to improve your fitness. Get ready to build a stronger core, improve cardiovascular endurance, and enhance your overall conditioning.

Program Goal:

Enhance core strength, stability, and overall conditioning

Skill Level:

Intermediate

Days per Week:

3 days

Workout Duration:

30-45 minutes

Let's Get Strong and Conditioned *safely*

We're so excited you're taking this step to build a rock-solid core and boost your endurance with our Core & Conditioning program! We've put a lot of thought into creating a program that's effective and fits into your busy life. But before you get started, it's really important to chat about keeping things safe and smart. So, please take a quick moment to read this friendly heads-up.

Your Health is What Matters Most!

This program is designed to help intermediate lifters like you enhance core strength, stability, and overall conditioning. However, everyone's fitness journey is unique. If you're new to exercise or have any existing health concerns, it's always the best idea to check in with your doctor before starting any new fitness program. We're here to guide you with fitness, but your doctor is the expert on your health!

Listen to Your Body – It's Your Best Coach!

We'll show you the exercises and provide a structured routine, but it's up to you to pay attention to how your body feels. If something doesn't feel right, ease up or take a break. Proper form is super important to get the most out of each exercise and to help prevent any discomfort. If you're ever unsure about how to do an exercise correctly, don't hesitate to look for more resources or even connect with a fitness professional for guidance.

It's a Journey, Not a Race!

Remember, building a stronger core and better conditioning takes time and consistent effort. Don't push yourself too hard, especially in the beginning. We encourage you to challenge yourself, but always listen to your body and respect its limits. We want you to feel great, and pushing through pain isn't the way to get there. Please remember that BluPrint to Health is providing guidance, and we cannot be held responsible for any injuries that might occur while you're participating in the program.

Our Part and Your Part

BluPrint to Health gives you the plan and the support, but your success really depends on your commitment and how you take care of yourself. This includes warming up before your workouts, cooling down afterward, staying hydrated, and getting enough rest. Taking care of these things will help you get the best results and feel your best throughout the program.

Just a Friendly Reminder

By choosing to participate in the Core & Conditioning program, you're agreeing that you understand and accept these important points. You're taking responsibility for your own well-being during this journey. We're here to cheer you on and provide the roadmap, but you're the one in the driver's seat!

Now, let's get that core strong and your conditioning on point!
Your Friends at BluPrint to Health



Maximizing your Results

Before diving into the program, let's cover some crucial elements that will significantly impact your progress and safety

Warm-up and Cool-down

Warm-up (5-7 minutes): Begin each session with light cardio, such as jogging or cycling, followed by dynamic stretches like leg swings, torso twists, and hip circles. This will help increase blood flow and joint mobility, reducing the risk of injury.

Cool-down (5-7 minutes): Finish each session with static stretches, holding each stretch for 20-30 seconds. Focus on stretching the core muscles (abs, obliques, lower back) and any other muscles worked during the conditioning portion of the workout. This will improve flexibility and aid in recovery.

Proper Form

Maintaining correct form during each exercise is paramount. It ensures you're targeting the intended muscles and minimizes the risk of injury. If you're unsure about the proper form, consider watching videos or consulting with a trainer.

Progressive Overload

To stimulate muscle growth, you must progressively challenge your muscles. This can be achieved by

- Increasing the weight you lift.

- Increasing the number of repetitions.

- Increasing the number of sets.

- Reducing rest time between sets (Use this method cautiously, and only if you can maintain form).

Listen to your body and gradually increase the load as you get stronger.

Rest and Recovery

Allow 30-60 seconds of rest between sets.

Ensure you're getting enough sleep (7-9 hours per night) to allow your muscles to recover and grow.

Nutrition

Support your training with a balanced diet that provides sufficient protein for muscle repair and growth.

Listen to Your Body

Pay attention to any pain or discomfort. Don't push through pain. If something doesn't feel right, stop the exercise and address the issue.

Core & Conditioning Program

Goal	Enhance core strength, stability, and overall conditioning		
Frequency	3 days per week		
Warm Up	Dynamic stretching* or light cardio		
Split	Day 1	Day 2	Day 3
	Core	Conditioning	Full
Cool Down	Static Stretching* and/or Mobility*		

Week 1

Focus on mastering the correct form and getting a feel for the weights.

Week 2

Try to slightly increase the weight if you comfortably completed all sets and reps in Week 1.

If not, maintain the weight and focus on good form.

Week 3

Continue to increase the weight if possible, or try to add a rep or two to each set.

Week 4

Continue with the same weight and reps, or if you're feeling strong, attempt another slight increase.

This week can also be a deload week by using slightly lighter weights and focusing on perfect form.

Dynamic Stretching

5-10 Minutes

Enhance recovery, reduce muscle soreness, improve flexibility, and promote relaxation following a full-body strength training workout.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Hold each stretch for 30 seconds.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Stretch to the point of mild tension, not pain.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Arm Circles	Stand with feet shoulder-width apart and arms extended to the sides. Perform small, controlled circles forward for 30 seconds, then backward for 30 seconds. Gradually increase the size of the circles.
Leg Swings	Stand on your left leg and swing your right leg forward and backward in a controlled motion for 30 seconds. Repeat on the left leg for 30 seconds.
Torso Twists	Stand with feet shoulder-width apart and hands on your hips. Twist your torso from side to side in a controlled motion for 30 seconds. Keep your hips relatively still.
Walking Lunges with Twist	Perform a lunge, and as you lunge, twist your torso towards the front leg. Alternate legs and twists for 1 minute.
High Knees	Stand in place and lift each knee towards your chest, alternating legs. Perform for 30 seconds.
Butt Kicks	Stand in place and kick your heels towards your glutes, alternating legs. Perform for 30 seconds.

Core & Conditioning

Core

Warm Up

Dynamic stretching* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3
Plank	30-60 seconds			
Russian Twists	15-20 per side			
Dead Bugs	10-12 per side			
Hanging Leg Raises	10-15			
Cable crunches	12-15			
Side Plank	30-60 seconds per side			

Cool Down

Static Stretching* and/or Mobility*

Core & Conditioning

Conditioning

Warm Up

Dynamic stretching* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3	Set 4
Treadmill Intervals	3 minutes high, 2 minutes low				
Rowing Intervals	3 minutes high, 2 minutes low				
Battle Ropes	30 seconds work, 30 seconds rest				—
Jump Rope	3 minutes				—
Stair Climber Intervals	3 minutes high, 2 minutes low				
Elliptical Intervals	3 minutes high, 2 minutes low				

Cool Down

Static Stretching* and/or Mobility*

Core & Conditioning

Full

Warm Up

Dynamic stretching* or light cardio

Exercise	Reps	Set 1	Set 2	Set 3
Plank	30-60 seconds			
Kettlebell Swings	15-20			
Medicine Ball Slams	15-20			
Burpees	10-15			
Farmer's Carry	30 seconds			
Hill Sprints	30 seconds			

Cool Down

Static Stretching* and/or Mobility*

Static Stretching

Prepare the body for full-body strength training, enhance flexibility, improve range of motion, and reduce the risk of injury.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Hold each stretch for 30 seconds.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Stretch to the point of mild tension, not pain.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Neck Stretch	Tilt your head to the right, bringing your right ear towards your right shoulder. Gently apply pressure with your right hand. Repeat on the left side. Interlace your fingers behind your head and gently pull your chin towards your chest.
Shoulder Stretch	Bring your right arm across your body and hold it with your left hand, near your elbow. Repeat with the left arm. Reach your right arm straight up, bend your elbow, and reach your right hand towards your Lower back. Use your left hand to gently pull your right elbow towards your left side. Repeat with the left arm.
Chest Stretch	Interlace your fingers behind your back and extend your arms, lifting them away from your body.
Triceps Stretch	Extend your right arm overhead and bend it at the elbow, reaching your right hand towards your Lower back. Use your left hand to gently pull your right elbow towards your left side. Repeat with the left arm.
Biceps Stretch	Extend your right arm straight out, palm facing up. Gently pull your fingers back towards your body with your left hand. Repeat with the left arm.



10-15 Minutes

Stretching

Continued

Exercise Name	Description
Wrist Flexor Stretch	Extend your right arm straight out, palm facing down. Gently pull your fingers down towards the floor with your left hand. Repeat with the left arm.
Wrist Extensor Stretch	Extend your right arm straight out, palm facing down. Gently pull your fingers up towards the ceiling with your left hand. Repeat with the left arm.
Torso Stretch	Stand with your feet shoulder-width apart. Raise your right arm overhead and lean to your left, keeping your hips straight. Repeat on the other side.
Hip Flexor Stretch (Couch Stretch)	Place your left shin against a wall and lunge forward with your right leg, ensuring your right knee is aligned over your right ankle.
Glute Stretch (Piriformis Stretch)	Sit on the floor with both legs extended. Bend your right leg and place your right foot on the outside of your left knee. Place your left elbow on your right knee and twist your torso to the right. Repeat on the other side.
Hamstring Stretch	Sit on the floor with your right leg extended and your left leg bent, with the sole of your left foot against your right inner thigh. Reach towards your right toes. Repeat with the left leg extended.
Quadriceps Stretch	Stand and hold your right ankle, pulling your right heel towards your right glute. Keep your thighs aligned and your core engaged. Repeat with the left leg.
Calf Stretch	Place your hands on a wall, step your right foot back, and press your right heel into the ground, keeping your right leg straight. Repeat with the left leg.



Mobility

5-10 Minutes

Enhance recovery, reduce muscle soreness, improve flexibility, and promote relaxation following a full-body strength training workout.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Move through a comfortable range of motion.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Cat-Cow Stretch	Start on your hands and knees. Alternate between arching your back (cow pose) and rounding your back (cat pose). Perform for 1 minute.
Hip Circles	Stand with your feet shoulder-width apart. Rotate your hips in a circular motion, both clockwise and counterclockwise, for 1 minute.
Shoulder Rolls	Stand or sit tall. Roll your shoulders forward for 30 seconds, then backward for 30 seconds.
90/90 Stretch	Sit on the floor with both legs bent at 90-degree angles. Rotate your torso from side to side for 1 minute.
Thread the Needle	Start on your hands and knees. Thread one arm under the other and rotate your torso. Hold for 30 seconds per side.
Couch Stretch	Place your left shin against a wall and lunge forward with your right leg, ensuring your right knee is aligned over your right ankle. Hold for 30 seconds per side.

Core & Conditioning

Week 1

Exercise	Reps	Set 1	Set 2	Set 3	Set 4
Push Day					
Plank	30-60 seconds				///
Russian Twists	15-20 per side				///
Dead Bugs	10-12 per side				///
Hanging Leg Raises	10-15				///
Cable crunches	12-15				///
Side Plank	30-60 seconds per side				///
Pull Day					
Treadmill Intervals	3 minutes high, 2 minutes low				
Rowing Intervals	3 minutes high, 2 minutes low				
Battle Ropes	30 seconds work, 30 seconds rest				///
Jump Rope	3 minutes				///
Stair Climber Intervals	3 minutes high, 2 minutes low				
Elliptical Intervals	3 minutes high, 2 minutes low				
Full Day					
Plank	30-60 seconds				///
Kettlebell Swings	15-20				///
Medicine Ball Slams	15-20				///
Burpees	10-15				///
Farmer's Carry	30 seconds				///
Hill Sprints	30 seconds				

Core & Conditioning

Week 2

Exercise	Reps	Set 1	Set 2	Set 3	Set 4
Push Day					
Plank	30-60 seconds				///
Russian Twists	15-20 per side				///
Dead Bugs	10-12 per side				///
Hanging Leg Raises	10-15				///
Cable crunches	12-15				///
Side Plank	30-60 seconds per side				///
Pull Day					
Treadmill Intervals	3 minutes high, 2 minutes low				
Rowing Intervals	3 minutes high, 2 minutes low				
Battle Ropes	30 seconds work, 30 seconds rest				///
Jump Rope	3 minutes				///
Stair Climber Intervals	3 minutes high, 2 minutes low				
Elliptical Intervals	3 minutes high, 2 minutes low				
Full Day					
Plank	30-60 seconds				///
Kettlebell Swings	15-20				///
Medicine Ball Slams	15-20				///
Burpees	10-15				///
Farmer's Carry	30 seconds				///
Hill Sprints	30 seconds				

Core & Conditioning

Week 3

Exercise	Reps	Set 1	Set 2	Set 3	Set 4
Push Day					
Plank	30-60 seconds				///
Russian Twists	15-20 per side				///
Dead Bugs	10-12 per side				///
Hanging Leg Raises	10-15				///
Cable crunches	12-15				///
Side Plank	30-60 seconds per side				///
Pull Day					
Treadmill Intervals	3 minutes high, 2 minutes low				
Rowing Intervals	3 minutes high, 2 minutes low				
Battle Ropes	30 seconds work, 30 seconds rest				///
Jump Rope	3 minutes				///
Stair Climber Intervals	3 minutes high, 2 minutes low				
Elliptical Intervals	3 minutes high, 2 minutes low				
Full Day					
Plank	30-60 seconds				///
Kettlebell Swings	15-20				///
Medicine Ball Slams	15-20				///
Burpees	10-15				///
Farmer's Carry	30 seconds				///
Hill Sprints	30 seconds				

Core & Conditioning

Week 4

Exercise	Reps	Set 1	Set 2	Set 3	Set 4
Push Day					
Plank	30-60 seconds				///
Russian Twists	15-20 per side				///
Dead Bugs	10-12 per side				///
Hanging Leg Raises	10-15				///
Cable crunches	12-15				///
Side Plank	30-60 seconds per side				///
Pull Day					
Treadmill Intervals	3 minutes high, 2 minutes low				
Rowing Intervals	3 minutes high, 2 minutes low				
Battle Ropes	30 seconds work, 30 seconds rest				///
Jump Rope	3 minutes				///
Stair Climber Intervals	3 minutes high, 2 minutes low				
Elliptical Intervals	3 minutes high, 2 minutes low				
Full Day					
Plank	30-60 seconds				///
Kettlebell Swings	15-20				///
Medicine Ball Slams	15-20				///
Burpees	10-15				///
Farmer's Carry	30 seconds				///
Hill Sprints	30 seconds				



About Us

BluPrint to Health is dedicated to helping individuals over 30 reclaim their energy, strength, and confidence through personalized fitness and coaching. We understand the unique challenges and opportunities that come with this stage of life, and we're passionate about empowering our clients to achieve sustainable healthy habits and long-term results.

Our approach combines expert guidance with the flexibility of online coaching. We provide:

- Personalized Program Design: Tailored workout plans to meet your specific needs and goals.
- One-to-One Support: Direct access to your coach for guidance, motivation, and accountability.
- Weekly Check-ins: To track your progress, adjust your program as needed, and ensure you stay on track.
- Transformation Roadmap: A clear plan to help you achieve your fitness goals.

We believe that fitness is not just about physical transformation, but also about improving your overall well-being and quality of life. We're here to support you every step of the way on your journey to a healthier, stronger, and more confident you.

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