



FREE 1-WEEK DOWNLOAD

Core Strength Starter Programme

6 days of core training + 1 rest day

COACH JEN BROCKWELL

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Jen Brockwell

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Before you begin: this is general fitness content, not personalised medical advice. Please get clearance from your GP before starting any new exercise programme — especially if you have an existing injury or health condition, or you're pregnant or post-natal.

Use this as a finisher tacked onto your existing workouts, or as a standalone programme if you're just starting out and want to build real core strength from scratch. Either way, it works.

Repeat this week consistently for 3 weeks running, and you will see a genuine improvement in your waist and your core strength. Not maybe — I mean it. Three weeks, done properly, is enough to feel and see the difference.

Most sessions run 20–30 minutes. Day 6 is your toughest session of the week and runs closer to 40 minutes as a proper conditioning finisher — budget a bit more time for it.

Need it harder? Message me and I'll progress it for you — that's genuinely one message away.

Finding it tough? Take a rest day in between sessions rather than pushing through. The effects compound even at half the intensity — consistency beats grinding yourself into the ground every time.

A note on pain: any sharp, sudden or unusual pain, dizziness, chest pain or shortness of breath should never be pushed through — stop and seek advice. Ordinary muscle fatigue and hard effort, on the other hand, are exactly what we're after.

A note on the weights: the loads I've prescribed are example weights. If you're new to lifting or new to loading your core, start light — lighter than you think you need. If you're already training, feel free to load up heavier.



Core Strength — Day 1

20 mins · 7 exercises

Build core strength and control through anti-extension, anti-rotation, flexion, and lateral stability work. Move slowly, brace your trunk, and prioritise quality over speed.

Rest 30 seconds between sets and keep 1–2 repetitions in reserve throughout the session.



1. Dead Bug

SET	REPS	REST
1	10	30s
2	10	30s
3	10	30s



2. Plank

SET	TIME	REST
1	30s	30s
2	30s	30s
3	30s	30s



3. Side Plank

SET	TIME	REST
1	20s	30s
2	20s	30s
3	20s	30s



4. Reverse Crunch

SET	REPS	REST
1	12	30s
2	12	30s
3	12	30s



5. Russian Twist

SET	REPS	REST
1	16	30s
2	16	30s
3	16	30s



6. Air Bike Crunch

SET	REPS	REST
1	10	30s
2	10	30s
3	10	30s



7. Crunch

SET	REPS	REST
1	10	30s
2	10	30s
3	10	30s



Core Strength HIIT — Day 2

30 mins · 8 exercises

Alternating bodyweight cardio intervals and focused ab work. Move quickly on cardio, stay controlled and braced on core work.

Rest 45 seconds after cardio, 30 seconds after core moves. Stop or modify if form breaks down.



1. Burpee

SET	REPS	REST
1	10	45s
2	10	45s
3	10	45s



2. Lying Leg Raise

SET	REPS	REST
1	12	30s
2	12	30s
3	12	30s



3. Mountain Climber

SET	TIME	REST
1	35s	45s
2	35s	45s
3	35s	45s



4. Plank

SET	TIME	REST
1	35s	30s
2	35s	30s
3	35s	30s



5. Jumping Jack

SET	REPS	REST
1	30	45s
2	30	45s
3	30	45s



6. Side Plank

SET	TIME	REST
1	25s	30s
2	25s	30s
3	25s	30s



7. Bear Crawl

SET	TIME	REST
1	35s	45s
2	35s	45s
3	35s	45s



8. Reverse Crunch

SET	REPS	REST
1	12	30s
2	12	30s
3	12	30s



Core Strength — Day 3

26 mins · 6 exercises

Anti-extension, flexion and lateral stability, using an exercise ball to challenge trunk control. Keep ribs down, brace steadily, breathe continuously.

Rest 30–60 seconds between sets as prescribed.



1. Side Plank

SET	TIME	REST
1	40s	30s
2	40s	30s
3	40s	30s



2. Exercise Ball Jack Knife

SET	REPS	REST
1	12	30s
2	12	30s
3	12	30s



3. Air Bike Crunch

SET	REPS	REST
1	12	30s
2	12	30s
3	12	30s



4. Exercise Ball Crunch

SET	REPS	REST
1	15	30s
2	15	30s
3	15	30s



5. Plank

SET	TIME	REST
1	40s	1m
2	40s	1m
3	40s	1m



6. Exercise Ball V-Up

SET	REPS	REST
1	10	45s
2	10	45s
3	10	45s



Core Strength & Conditioning — Day 4

30 mins · 7 exercises

Resistance-based movements, cardio intervals and focused ab work. Challenging but manageable loads, strong brace, controlled technique.

Rest 45 seconds after resistance/cardio, 30 seconds after core work.



1. Dumbbell Devil's Press

SET	WEIGHT (KG)	REPS	REST
1	8	8	45s
2	8	8	45s
3	8	8	45s



2. Weighted Crunch

SET	WEIGHT (KG)	REPS	REST
1	5	8	30s
2	5	8	30s
3	5	8	30s



3. Mountain Climber

SET	TIME	REST
1	40s	45s
2	40s	45s
3	40s	45s



4. Side Plank

SET	TIME	REST
1	30s	30s
2	30s	30s
3	30s	30s



5. Jumping Jack

SET	REPS	REST
1	35	45s
2	35	45s
3	35	45s



6. Reverse Crunch

SET	REPS	REST
1	15	30s
2	15	30s
3	15	30s



7. Weighted Side Crunch

SET	WEIGHT (KG)	REPS	REST
1	5	10	1m
2	5	10	1m
3	5	10	1m



Core Strength — Day 5

26 mins · 6 exercises

A balanced mix of anti-extension, flexion, rotation and lateral stability, using medicine-ball and exercise-ball work. Steady breathing, ribs down, deliberate movement.



1. Side Plank

SET	TIME	REST
1	45s	30s
2	45s	30s
3	45s	30s



2. Exercise Ball Jack Knife

SET	REPS	REST
1	12	30s
2	12	30s
3	12	30s



3. Medicine Ball Russian Twist

SET	WEIGHT (KG)	REPS	REST
1	5	10	30s
2	5	10	30s
3	5	10	30s



4. Exercise Ball Crunch

SET	REPS	REST
1	18	30s
2	18	30s
3	18	30s



5. Plank

SET	TIME	REST
1	45s	1m
2	45s	1m
3	45s	1m



6. Medicine Ball Dead Bug

SET	WEIGHT (KG)	REPS	REST
1	5	10	45s
2	5	10	45s
3	5	10	45s



Core Conditioning — Day 6

43 mins · 8 exercises · toughest session, your finisher

Your toughest session of the week — cardiovascular capacity alongside loaded core strength. Alternate bodyweight cardio with medicine-ball, dumbbell and weighted ab work.

Rest 60 seconds after cardio, 30 seconds after core work.



1. Dumbbell Devil's Press

SET	WEIGHT (KG)	REPS	REST
1	8	12	45s
2	8	12	45s
3	8	12	45s



2. Weighted Crunch

SET	WEIGHT (KG)	REPS	REST
1	5	12	30s
2	5	12	30s
3	5	12	30s



3. Mountain Climber

SET	TIME	REST
1	1m	1m
2	1m	1m
3	1m	1m



4. Medicine Ball Russian Twist

SET	WEIGHT (KG)	REPS	REST
1	5	14	30s
2	5	14	30s
3	5	14	30s



5. Jumping Jack

SET	REPS	REST
1	50	1m
2	50	1m
3	50	1m



6. Medicine Ball Dead Bug

SET	WEIGHT (KG)	REPS	REST
1	5	12	30s
2	5	12	30s
3	5	12	30s



7. Burpee

SET	REPS	REST
1	12	1m
2	12	1m
3	12	1m



8. Weighted Side Crunch

SET	WEIGHT (KG)	REPS	REST
1	5	14	30s
2	5	14	30s
3	5	14	30s



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Day 7 — Rest

Rest properly. This isn't optional — it's where the adaptation actually happens.

No core work today. If you want to move, keep it easy: a walk, some gentle stretching, or light mobility work. Nothing that leaves you sore or wiped out.

Recovery is not the opposite of progress — it's part of it. Skipping this day doesn't make you fitter faster; it just makes Day 1 next week harder than it needs to be.

Before You Go

I'm Jen — a Level 3 qualified personal trainer (Focus Awards, Ofqual-regulated), and I coach women 30+ 1:1, online, who are ready to become the best version of themselves, physically and mentally. This programme is a genuine taste of my core-focused workouts: no fluff, everything explained, nothing left to guess.

The single biggest thing that ever moved the dial on my own physique wasn't training harder. It was nutrition — specifically, eating an appropriate amount of protein, consistently. Training builds the stimulus; protein is what actually lets your body respond to it.

If you're not sure how to calculate your own calories or macros, email me at jen@jenbrockwell.com — I'm genuinely happy to help you work it out.

One more thing worth doing: take a start photo before Day 1, and an end photo after 4 weeks of consistent training. The scale lies far more often than a photo does — and most people are amazed by what 4 weeks of consistency actually looks like once they can see it side by side.

Want More Than a Free Programme?

If this gave you a taste of my training style, imagine what a plan built entirely around you — your goals, your body, your life — could do.

- **Book a Reset Call** — a 60-minute deep dive to work out exactly why your results aren't matching your effort, with a clear plan to take away.
- **Book a free Online Coaching Discovery Call** — a no-obligation conversation about whether 1:1 online coaching is right for you.

I only coach a small, hand-picked number of women at any one time — it's never group coaching, always personalised, always 1:1. Head to jenbrockwell.com to book.

Thanks for stopping by — you've got this! x