

CORE CHALLENGE

DAY 1 10 birddogs 10 leg lifts 30 sec. plank hold repeat 3x	DAY 2 <u>Tabata:</u> 4x each move 20 sec work/10 sec rest alternate moves v-ups ankle taps	DAY 3 20 glute marches 15 reverse crunches repeat 3x	DAY 4 <u>Intervals:</u> 30 sec each move, rest 30 sec. (3x) supermans bicycle crunches	DAY 5 <i>Chipper</i> 50 crunches 40 plank punches 30 russian twists 20 plank hip dips
DAY 6 10 up/down planks 10 v-ups repeat 3x	DAY 7 <u>Tabata:</u> 4x each move 20 sec work/10 sec rest alternate moves supermans plank jacks	DAY 8 20 starfish crunches (10 each side) 20 plank hip dips repeat 3x	DAY 9 <u>Intervals:</u> 30 sec each move, rest 30 sec. (3x) glute marches side plank hold - right side plank hold - left	DAY 10 <i>Chipper</i> 60 mountain climbers 50 bicycle crunches 40 mountain climbers 30 sit-ups
DAY 11 10 reverse crunches 20 ankle taps repeat 3x	DAY 12 <u>Tabata:</u> 4x each move 20 sec work/10 sec rest alternate moves hollow body hold shoulder taps	DAY 13 15 supermans 15 leg lifts repeat 3x	DAY 14 <u>Intervals:</u> 45 sec each move, rest 30 sec. (3x) sit-ups plank hold	DAY 15 <i>Chipper</i> 50 glute marches 40 plank hip dips 30 starfish crunches 20 v-ups
DAY 16 15 supermans 20 sec hollow body hold repeat 3x	DAY 17 <u>Tabata:</u> 4x each move 20 sec work/10 sec rest alternate moves reverse crunches mountain climbers	DAY 18 20 side plank pulses (each side) 10 birddog crunches (each side) repeat 3x	DAY 19 <u>Intervals:</u> 45 sec each move, rest 30 sec. (3x) starfish crunches plank jacks	DAY 20 <i>Chipper</i> 90 sec plank hold 70 bicycle crunch 50 mountain climbers 30 v-ups 10 up/down planks

Core strength is the power house of your body! It provides balance & stability. Plus, it makes every day movement feel easier. The core includes the muscles in your abs, glutes, hips, and back.

Start the challenge whenever you want. You can follow the workouts exactly, or tweak it by doing:

- less/more rounds
- less/more reps
- different options for each movement

Find demonstrations and options for each exercise on our YouTube channel, Lynx Wellness.

