

# CORE CHALLENGE

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

