

20-Day Core Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				GET READY!		
4	5 Challenge Starts: Forearm Plank - Up to 1 minute	6 Forearm Plank - Add 5-10 seconds	7 Forearm Plank - Add 5-10 seconds	8 Forearm Plank - Add 5-10 seconds	9 Forearm Plank - Add 5-10 seconds	10
11	12 Forearm Plank with leg lift	13 Forearm Plank with leg lift	14 Forearm Plank with leg lift	15 Forearm Plank with leg lift	16 Forearm Plank with leg lift	17
18	19 Side Plank Up to 30 seconds each side	20 Side Plank Add 5-10 seconds	21 Side Plank Add 5-10 seconds	22 Side Plank Add 5-10 seconds	23 Side Plank Add 5-10 seconds	24
25	26 Star Plank Make it challenging ...	27 Star Plank	28 Star Plank	29 Star Plank	30 Star Plank End of Challenge!	