

# 28-DAY CORE CHALLENGE



Do each exercise for 30 seconds followed by a 30 second rest. When you have an exercise that needs to be done per side, perform 30 seconds per side before taking your 30 seconds rest. Complete 3 to 5 rounds. Visit our Instagram page for a description of exercise!



| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|--|---|---|--|---|
|  |  |  |   |  <p><b>1 - Kneeling push-ups</b></p> <p>Keep your core tight and bring your chest to the floor while pushing your body back up to a plank position.</p>    |  <p><b>2 - Cat/Cow</b></p> <p>On your hands and knees, arch your back while looking up and then push your belly button in and round your back as much as possible while tucking your chin in.</p> |  <p><b>3 - Plank hold</b></p> <p>On your hands or elbows, maintain a plank position.</p>   |
| <p><b>4</b></p> <p>Go for a walk outside for 15 minutes while breathing in fresh air.</p>  |  <p><b>5 - Hollow Hold</b></p> <p>Lying on your back, lift your feet and arms off the floor, while keeping your low back on the floor.</p>  |  <p><b>6 - Climber (opposite knee to elbow)</b></p> <p>In a plank position, bring your knee to the opposite elbow and alternate sides.</p>   |  <p><b>7 - Bird Dog</b></p> <p>With your hands under your shoulders and knees under your hips, extend your right leg behind you and right arm in front, without arching your lower back. Alternate sides.</p>          |  <p><b>8 - Side plank</b></p> <p>On the side, hold the plank with your forearm on the floor.</p>   |  <p><b>9 - Toe Touch</b></p> <p>Lying on the floor on your back, bring your legs straight up. With your arms straight try and touch as high as you can towards your toes.</p>                     |  <p><b>10 - Superman hold</b></p> <p>Lying on the floor on your stomach with your arms straight out in front of you, lift your feet and arms off the floor and hold.</p>                           |
| <p><b>11</b></p> <p>Go for a walk outside for 20 minutes while breathing in fresh air.</p> |  <p><b>12 - Inch Worm</b></p> <p>Standing tall, keep your legs as straight as possible and reach down with your arms towards the floor. Walk your hands out into a plank position and walk back to initial standing position.</p> |  <p><b>13 - Plank Jacks</b></p> <p>In a plank position, in one movement, open both feet to then bring them back together while keeping your core tight.</p>                      |  <p><b>14 - Scap Push-ups</b></p> <p>In a plank position, keeping your arms straight retract and protract your shoulder blades while keeping your core tight.</p>  |  <p><b>15 - Shoulder Taps</b></p> <p>In a plank position, bring your right hand to your left shoulder while alternating sides.</p>                       |  <p><b>16 - Flutter Kicks</b></p> <p>In a hollow position, keeping your legs straight, alternate kicking your feet up and under each other.</p>   |  <p><b>17 - 1 leg glute bridge</b></p> <p>Lying on your back, bend one knee, while pushing the other leg straight up to the ceiling, hold that position.</p>                                     |
| <p><b>18</b></p> <p>Go for a walk outside for 25 minutes while breathing in fresh air.</p> |  <p><b>19 - Reverse Crunch</b></p> <p>Lying on your back, bring both legs up with knees bent. Bring your knees towards your chest without swinging.</p>   |  <p><b>20 - Standing Obliques with a weight</b></p> <p>Standing tall with a weight in your hands above your head. Bend to each side slightly without moving your hips.</p>       |  <p><b>21 - Lateral Crunch</b></p> <p>Lying on your back, bend your knees with your feet on the floor. Arms straight on each sides with palms facing up, bend on each side trying to read the heel of your foot.</p> |  <p><b>22 - Glute Bridge</b></p> <p>Lying on your back with knees bent and feet on the floor, lift your hips up off the floor and hold the position.</p> |  <p><b>23 - Plank leg lift</b></p> <p>In a plank position, alternate by lifting one leg at a time from the floor while keeping your leg straight and core engaged.</p>                          |  <p><b>24 - Straight leg lifts</b></p> <p>Lying on the floor with your legs straight up, lift your hips off the floor in a small and controlled movement, without swinging your entire body.</p> |
| <p><b>25</b></p> <p>Go for a walk outside for 30 minutes while breathing in fresh air.</p> |  <p><b>26 - Side clam shells</b></p> <p>Lying in a side plank position, keeping one knee on the floor, lift your hips up off the floor while opening your knees and back down. Keep your hip off the floor and all times.</p>     |  <p><b>27 - Leg Raise</b></p> <p>Lying on the floor on your back, keep your legs straight and bring your legs up and down while always keeping your lower back on the floor.</p> |  <p><b>28 - Bear Crawl Hold</b></p> <p>With your hands under your shoulders and knees under your hips, lift your knees off the floor about 2 cm and hold that position.</p>  | <p><b>29</b></p> <p><b>* SPECIAL DRAW</b></p>   |  |   |