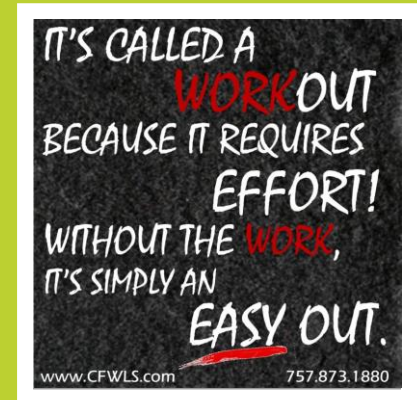


JULY CORE CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
1st Week 2 min. each	2nd Week 3 min. each	1 Plank Holds Floor Sweepers Side Knee Lift Side Planks	2 Plank Holds Grass-hoppers Bicycle Windshield Wipers	3 Plank Holds Standing Side Bends Crabby Crossovers Plank/Hover	4 Happy 4 th ! Play Outdoors!	5 Swim, Bike or Walk 30 min.
6 Plank Holds Floor Sweepers Side Knee Lift Side Planks	7 Plank Holds V-Sit Bridge Reverse Crunch with a Kick	8 Plank Holds Standing Side Bends Crabby Crossovers Plank/Hover	9 Swim, Bike or Walk 35 min.	10 Plank Holds Grass-hoppers Bicycle Windshield Wipers	11 Plank Holds V-Sit Bridge Reverse Crunch with a Kick	12 Plank Holds Floor Sweepers Side Knee Lift Side Planks
13 Plank Holds Grass-hoppers Bicycle Windshield Wipers	14 Plank Holds Standing Side Bends Crabby Crossovers Plank/Hover	15 Swim, Bike or Walk 40 min.	16 Plank Holds Floor Sweepers Side Knee Lift Side Planks	17 Plank Holds V-Sit Bridge Reverse Crunch with a Kick	18 Plank Holds Grass-hoppers Bicycle Windshield Wipers	19 Swim, Bike or Walk 40 min.
20 Plank Holds V-Sit Bridge Reverse Crunch with a Kick	21 Plank Holds Floor Sweepers Side Knee Lift Side Planks	22 Plank Holds Grass-hoppers Bicycle Windshield Wipers	23 Plank Holds V-Sit Bridge Reverse Crunch with a Kick	24 Plank Holds Standing Side Bends Crabby Crossovers Plank/Hover	25 Swim, Bike or Walk 45 min.	26 Plank Holds Floor Sweepers Side Knee Lift Side Planks
27 Plank Holds Grass-hoppers Bicycle Windshield Wipers	28 Plank Holds V-Sit Bridge Reverse Crunch with a Kick	29 Plank Holds Standing Side Bends Crabby Crossovers Plank/Hover	30 Swim, Bike or Walk 50 min.	31 Plank Holds Floor Sweepers Side Knee Lift Side Planks	3rd Week 4 min. each	4th & 5th Weeks 5 min. each



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