

# August

Strengthen your Core Challenge

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Plank 1:00 x 3
2 Bicycle Crunches :30s x 3	3 Laying Leg Raises :30s x 3	4 Plank 1:00 Side Plank :30s/side x 3	5 Mountain Climbers :30s x 3	6 Toe Touches :30s x 3	7 Rest	8 Plank 1:00 Side Plank :30s/side x 4
9 Bicycle Crunches :30s Toe Touches :30s x 3	10 Laying Leg Raises :30s x 4	11 Plank 1:15 Side Plank :35s/side x 4	12 Mountain Climbers :30s Flutter Kicks :30s x 3	13 Toe Touches :40s Alternate Hand to Toe :40s x 3	14 Rest	15 Plank 1:20 Side Plank :35s/side x 4
16 Bicycle Crunches :45s Toe Touches :45s x 3	17 Laying Leg Raises :45s Alternate Hand to Toe :45s x 4	18 Plank 1:30 Side Plank :40s/side x 4	19 Mountain Climbers :45s Flutter Kicks :45s x 4	20 Toe Touches: 45s Alternate Hand to Toe :45s x 4	21 Rest	22 Plank 1:30 Side Plank :45/side x 4
23 Bicycle Crunches 1:00 Toe Touches 1:00 x 4	24 Laying Leg Raises 1:00 Alternate Hand to Toe 1:00 x 4	25 Plank 1:30 Side Plank :45s x 4	26 Mountain Climbers 1:00 Flutter Kicks 1:00 x 4	27 Toe Touches 1:00 Alternate Hand to Toe 1:00 x 4	28 Rest	29 Plank 1:30 Bicycle Crunches 1:00 Toe Touches 1:00 x 4
30 Laying Leg Raises 1:00 Mountain Climbers 1:00 Flutter Kicks 1:00 x 4	31					

Find a video guide to exercises HERE. [https://youtu.be/SBF\\_pzIVkY4](https://youtu.be/SBF_pzIVkY4)