

# JUN

## 30 Day "Strengthen your Core" Challenge!

### MONTHLY GOALS

1. Complete the daily core circuit.
2. Nourish mind and body with healthy, real food and daily physical activity.
3. Stay hydrated.
4. Check-in to the Healthy Living Community Facebook Group.
5. Perform exercises at your own level - don't push yourself above your limit.
6. Keep a positive mindset and aim for better, NOT perfection!

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SUN	MON	TUE	WED	THU	FRI	SAT
					<b>1</b> 15 second side plank 15 Second Plank 10 V-ups 10 Side Bends Each	<b>2</b> 10 Sit-ups 20 Ab Bicycles 30 Second Plank 5 Push-ups
<b>3</b> 15 second side plank 20 Second Plank 15 V-ups 15 Side Bends Each	<b>4</b> <i>Rest Day!</i>	<b>5</b> 15 Sit-ups 30 Ab Bicycles 30 Second Plank 5 Push-ups	<b>6</b> 15 second side plank 30 Second Plank 15 V-ups 15 Side Bends Each	<b>7</b> 20 Sit-ups 30 Ab Bicycles 30 Second Plank 10 Push-ups	<b>8</b> <i>Rest Day!</i>	<b>9</b> 15 second side plank 30 Second Plank 20 V-ups 15 Side Bends Each
<b>10</b> 25 Sit-ups 40 Ab Bicycles 30 Second Plank 10 Push-ups	<b>11</b> 20 Leg Raises 20 V-ups 45 Second Plank 12 Push-ups	<b>12</b> <i>Rest Day!</i>	<b>13</b> 20 Second Side Plank 20 crunches 45 Second Plank 20 Mountain Climbers	<b>14</b> 25 Leg Raises 25 V-ups 45 Second Plank 12 Push-ups	<b>15</b> 25 Second Side Plank 25 Crunches 45 Second Plank 30 Mountain Climbers	<b>16</b> <i>Rest Day!</i>
<b>17</b> 30 Leg Raises 30 V-ups 45 Second Plank 15 Push-ups	<b>18</b> 30 Second Side Plank 30 Crunches 60 Second Plank 30 Mountain Climbers	<b>19</b> 30 Leg Raises 30 V-ups 75 Second Plank 15 Push-ups	<b>20</b> <i>Rest Day!</i>	<b>21</b> 30 Second Side Plank 40 Crunches 75 Second Plank 40 Mountain Climbers	<b>22</b> 40 Leg Raises 30 V-ups 75 Second Plank 15 Push-ups	<b>23</b> 30 Second Side Plank 50 Crunches 75 Second Plank 50 Mountain Climbers
<b>24</b> <i>Rest Day!</i>	<b>25</b> 40 Leg Raises 30 V-ups 90 Second Plank 15 Push-ups	<b>26</b> 30 Second Side Plank 75 Crunches 90 Second Plank 10 Burpees	<b>27</b> 50 Leg Raises 40 V-ups 120 Second Plank 20 Push-ups	<b>28</b> <i>Rest Day!</i>	<b>29</b> 60 Second Side Plank 100 Crunches 120 Second Plank 10 Burpees	<b>30</b> <i>Woo hoo!</i>