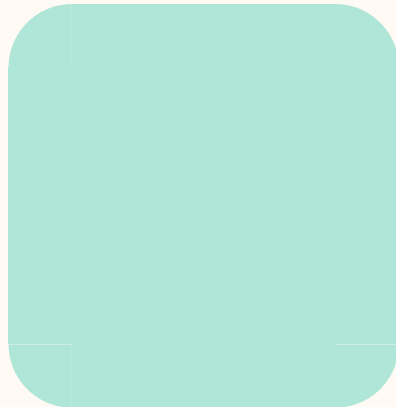
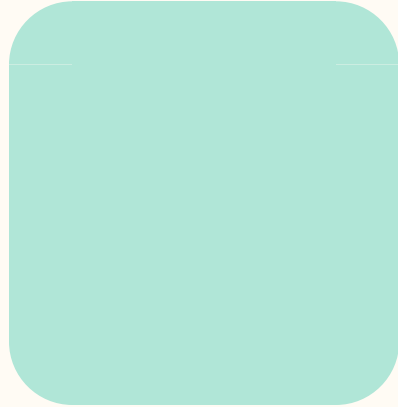


# CHALLENGE

## *Instructions*

- This type of workout is "as many reps as possible" .
- In weeks 1 & 2, you will do each move for 30 seconds.
- Weeks 3 & 4, each move for 40 seconds.
- Resting no more than 20-30 seconds between each exercise.
- When completed all exercises, take a minute break.
- Then repeat from the start.
- Do 4 rounds.

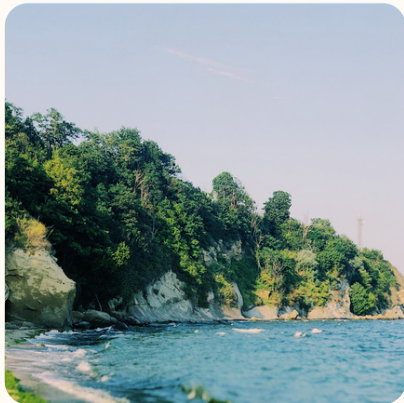


CORE

*one*



# Toe Touches



# Exercise 1

1. Lay flat on your back. With straight legs & feet flex, bring legs up. Push small of back into the floor.
2. Hands up, parallel to legs.
3. Reach for toes using your core. You don't have to touch your toes.
4. Come back to starting position. Repeat for designated time.

CORE 1



## Hip Lifts



1. Lay flat on your back. Knees bent, feet in line with glutes. Hands at side.
2. Lift glutes off the floor. Inhale, squeeze glutes.
3. Slowly bring body back to floor .
4. Repeat for designated time

CORE 1



## Exercise 2



## Bicycle



## Exercise

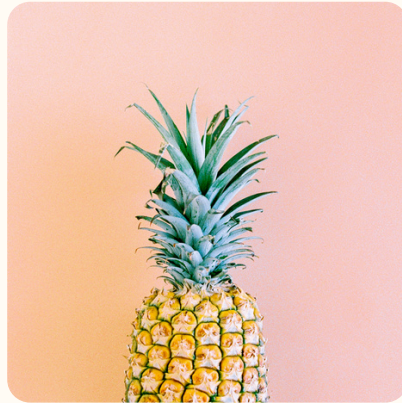
3

1. Lie flat on the floor with your lower back pressed into the ground.
2. Put your hands behind your head, then bring your knees in towards your chest and lift your shoulder blades off the floor.
3. Straighten your leg to 45-degree angle to the ground while turning your upper body to the left. Bringing your right elbow towards left knee. Make sure you are using your core .
4. Switch sides.
5. Repeat for designated time.

CORE 1



*kneeling  
push-up*



1. Begin in a hands and knee position while looking at floor.
2. Place hands on either side of your shoulders.
3. Lower all the way to the floor, lift hands. With your core & body straight, push back up.
4. Repeat for designated time.

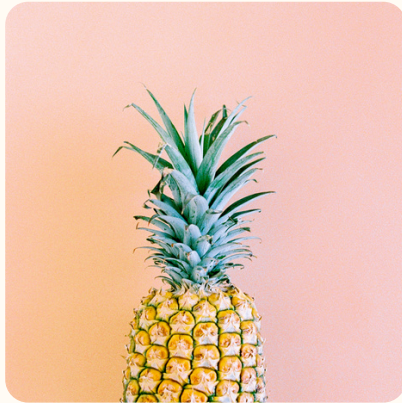


*Exercise  
4*

CORE 1



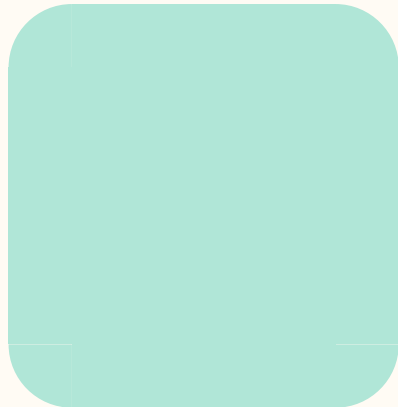
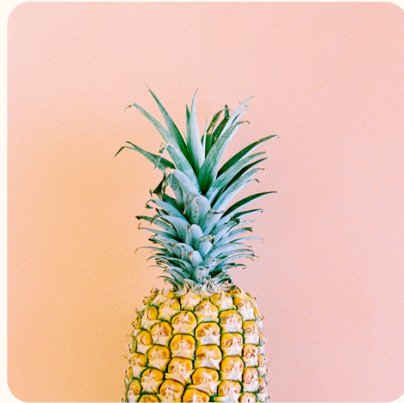
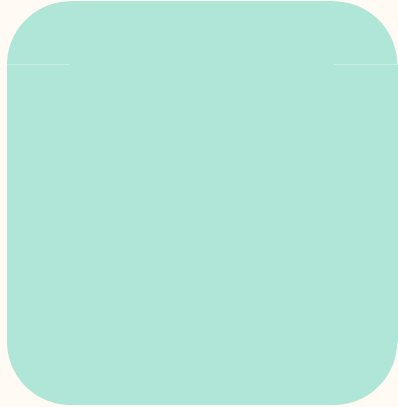
*leg  
circles*



*Exercise  
5*

1. Begin by lying on your left side, cradling your head with arm (use a pillow if necessary) .
2. With straight legs stack on top of each other, with flex feet. Lead with your heel, lift your leg a few inches and circle forward continuously.
3. Core engaged. No rocking hips.
4. Continue for designated time.
5. Then repeat on the next side.

CORE 1

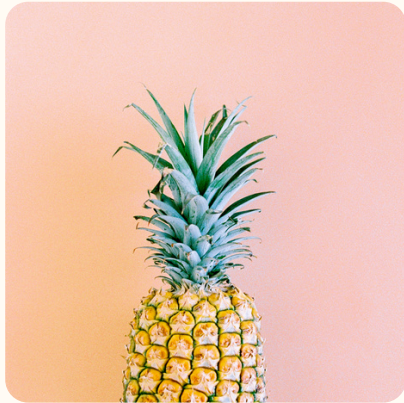


CORE  
*two*





leg lifts



Exercise  
1

1. Start with lying on your back. Left leg bent, right leg straight, feet flex.
2. Using your core, slowly lift straight leg until perpendicular.
3. SLOWLY lower your flex foot back down, using your core the whole time.
4. Repeat for the designated time.
5. Repeat on other side.

\*do not lift with leg strength but core\*

CORE 2



## dead bug



## Exercise 2

1. Start on back, knees bent, calves parallel to floor. Hands straight up, palms facing each other.
2. Place right hand on left knee. Extend right leg and left arm back (in line with ear)
3. Come back to center.
4. Place left hand on right knee. Extend left leg and right hand behind you.
5. Engage core through the whole time. If your lower back is starting to hurt, lift your leg higher off the floor-your lower should be flushed on the floor.



*inchworm*



*Exercise*  
3

1. Start standing tall, core engaged, chest out, shoulder blade squeezed together. Shoulder down & away from ears.
2. Forward fold with legs as straight as allowed. With your hands, begins to walk out into a plank position. Inhale.
3. Exhale, with as straight legs as possible, walk back with your hands to your feet.
4. Then bring your hands back to over head position.

CORE SHOULD BE ENGAGE THE  
WHOLE TIME



pendulum



Exercise  
4

1. Start on your back. Leg straight & together, feet flex.
2. **Keep shoulders & head on floor the whole time.**
3. From the hips, slowly drop legs to right side. Lower back can lift off the floor.
4. Returned to center, feet flex, slowly drop leg to the left side.
5. Continue for designated time.  
CORE SHOULD BE ENGAGE THE WHOLE TIME

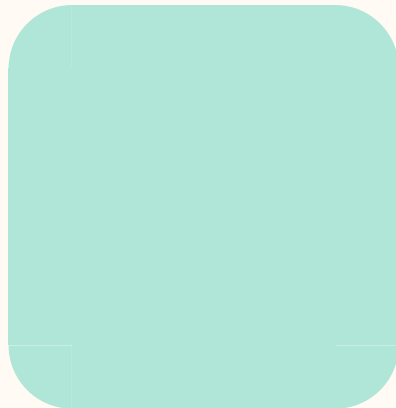
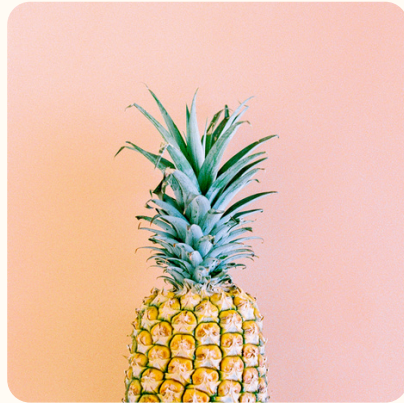
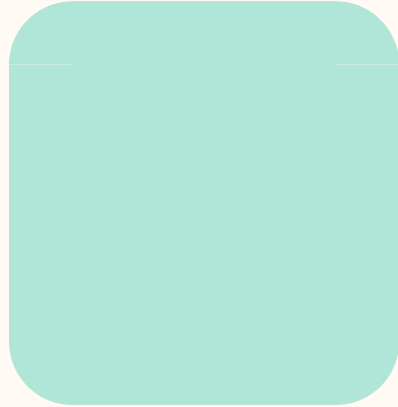


# Plank Knee Drop



# Exercise 5

1. Start on your hands & knees. Hands under your shoulders & knees under hips.
2. Walk hands out until in a kneeling push-up position. If this is challenge, stay here (remain in plank position for time). If you want challenge your core more, lift your knees off the floor.
3. Alternate dropping the knee one at a time.
4. If this is too difficult stay in plank position for designated time. CORE SHOULD BE ENGAGE THE WHOLE TIME. Squeeze your glutes & tuck your tailbone in.



CORE  
*three*



# Bird Dog



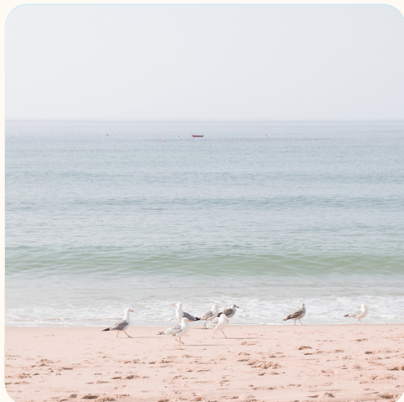
# Exercise 1

1. Start on your hands & knees. Hands under your shoulders & knees under hips.
2. Crunch right knee & left elbow together. Then extend out, using your core to balance.
3. Try to keep hips leveled, like you have a soda on your lower back.
4. Come back to center, starting position. Then continue to other side.
5. Alternate. Repeat for designated time.

**Modification:** if this is too much pressure on your knee or shoulder, you can substitute with a full sit up with feet anchored.



# Side Plank



# Exercise 2

1. Start by lying on your side with bottom knee bent and top leg extended with flex foot.
2. Position elbow under shoulder. Lift hips off the ground. Engage core and make sure your body is in a straight line.
3. Hold Position for designated time.
4. Repeat on other side.

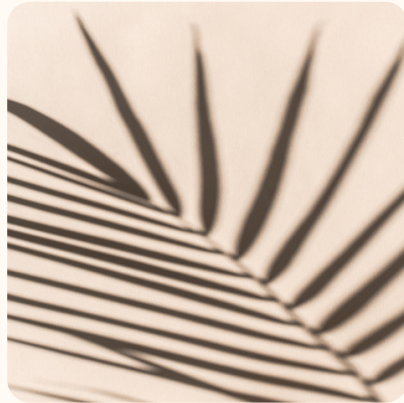
\*2nd pic is if you wanted a greater challenge with both legs extended.

**Modification:** if this is too much pressure on your knee or shoulder, you can substitute with a bicycle crunch (in previous workout).



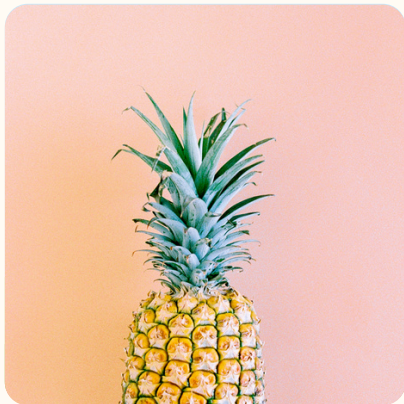


## Reverse Crunch



1. Lie flat on your back with knees beneath your hips.
2. Bend your knees and left legs & knees towards your head. Drawing them upward slightly at the end of the movement.
3. Lower your feet back down.
4. Repeat for designated time.

CORE 3



## Exercise 3



# Hip Lift March



# Exercise 4

1. Lie on your back with your knees bent and feet flat on the floor.
2. Lift your hips off the ground, forming a straight line from your knees to your shoulders.
3. Without moving, lift one leg off the ground. Return to the ground.
4. Repeat on other side. Continue until time is up.

**Modification:** If this is too difficult, replace this with hip lifts (from previous workouts)

CORE 3



# Boat to Low Boat

1. Start by sitting on mat with bent knees and feet flat on ground. Lean back until your spine is at 45-degree angle and lift bended knee off the ground. Arms and calves parallel to ground, palm up. (v-shaped)
2. Inhale, lower legs and back. Hover over the ground. (canoe shaped)
3. Exhale, come back to starting position. (v-shaped)
4. Continue for designated time.



**Modification:** if this is too difficult, start in position one (leaning back, engaging your core) with hands behind you keeping you stable. Instead of lifting both feet in the air, bring one knee up at a time (life marching). Continue for designated time.



# Exercise 5