



**CORE
STRENGTH**



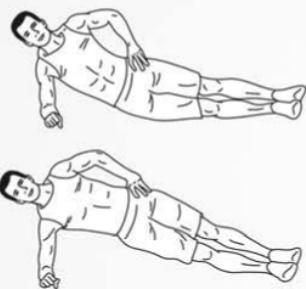
Day 1

Level I 3 sets

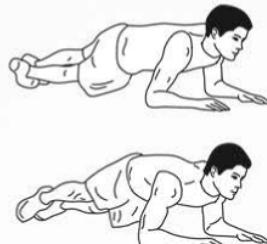
Level II 4 sets

Level III 5 sets

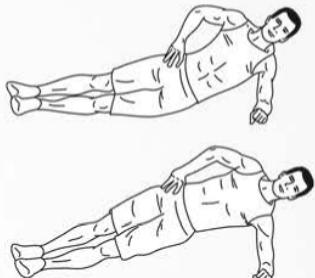
2 minutes rest between sets



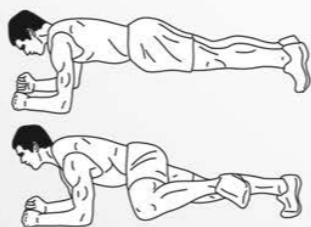
5 side bridges
right side



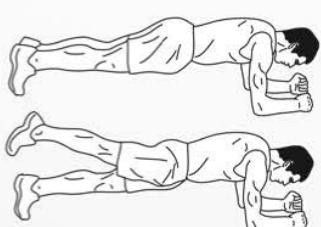
10 plank rolls



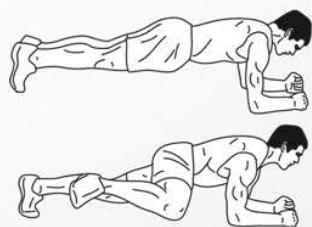
5 side bridges
left side



5 side crunches
right side



10 plank leg raises



5 side crunches
left side



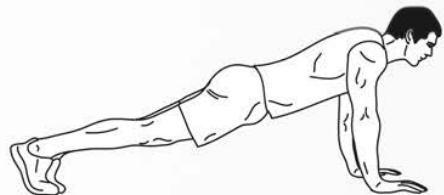
Day 2

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 alternating arm / leg raises

10-count plank hold

10 alternating arm / leg raises

10-count plank hold

10 alternating arm / leg raises

10-count plank hold



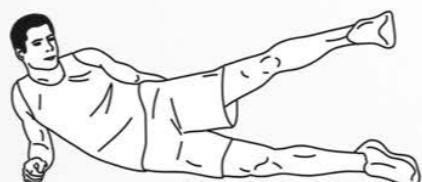
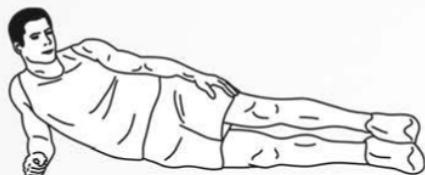
Day 3

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



20 side leg raises (right leg)

10 sitting twists

20 side leg raises (left leg)

10 sitting twists



Day 4

Level I 3 sets

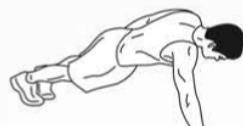
Level II 4 sets

Level III 5 sets

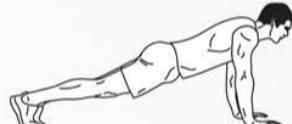
2 minutes rest between sets



10 climber taps



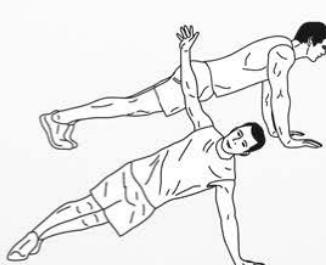
10 thigh taps



10 shoulder taps



10-count side plank hold
right side



10 plank rotations



10-count side plank hold
left side



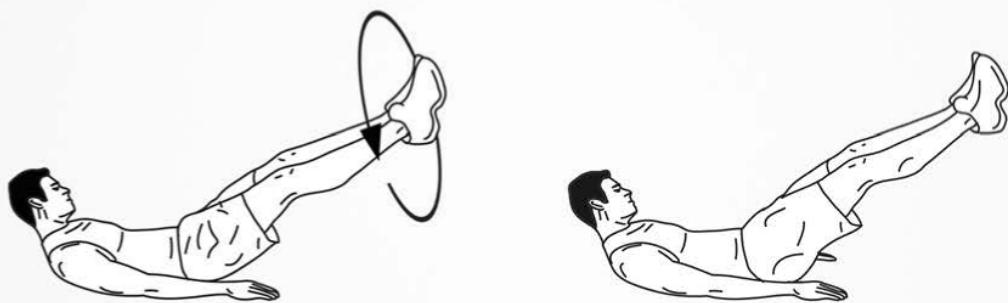
Day 5

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



5 raised leg circles

10-count raised leg hold

5 raised leg circles

10-count raised leg hold

5 raised leg circles

10-count raised leg hold



Day 6

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 knee-in & twists

10 heel taps

10 knee-in & twists

10 heel taps

10 knee-in & twists

10 heel taps



Day 7

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



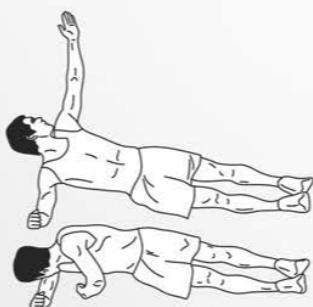
3 up & down planks



10 body saw

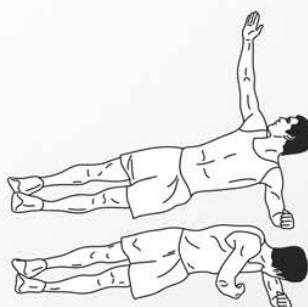


3 up & down planks



10 side plank rotations
right side

10 body saw



10 side plank rotations
left side



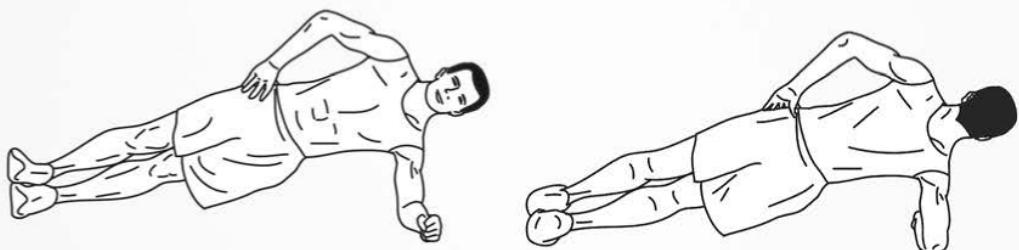
Day 8

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10-count side elbow plank hold (right side)

10-count side elbow plank hold (left side)

10-count side elbow plank hold (right side)

10-count side elbow plank hold (left side)

10-count side elbow plank hold (right side)

10-count side elbow plank hold (left side)



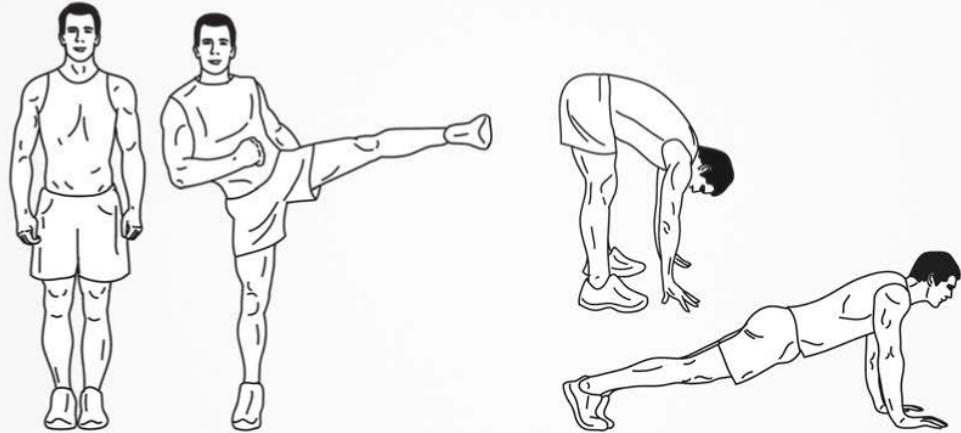
Day 9

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



30 side leg raises (right leg)

one plank walk-out

30 side leg raises (left leg)

one plank walk-out



Day 10

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



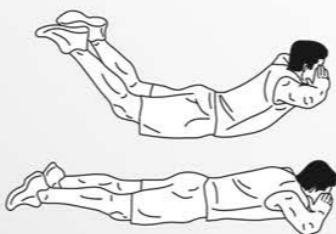
10 seagulls
to the left



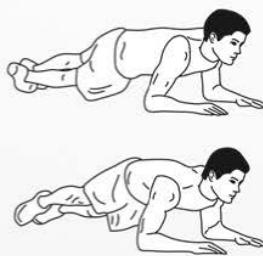
10 plank rolls



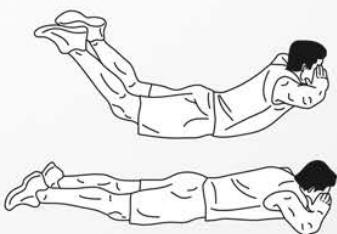
10 seagulls
to the right



5 back extensions



10 plank rolls



5 back extensions



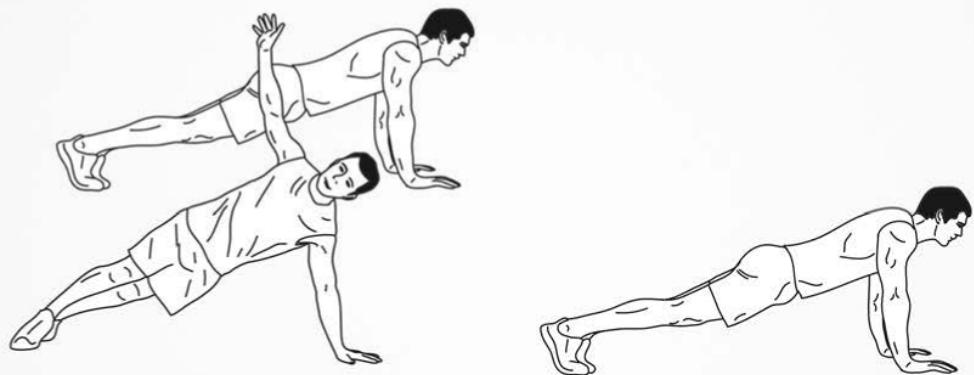
Day 11

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 plank rotations

10-count plank hold

10 plank rotations

10-count plank hold

10 plank rotations

10-count plank hold



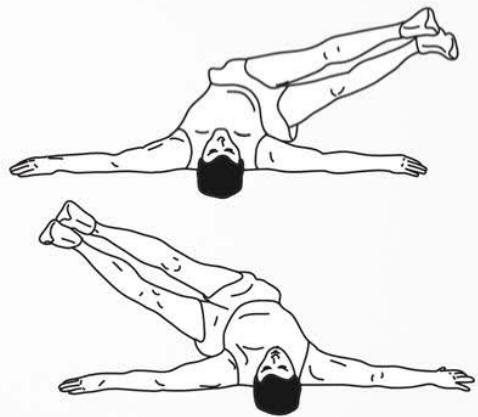
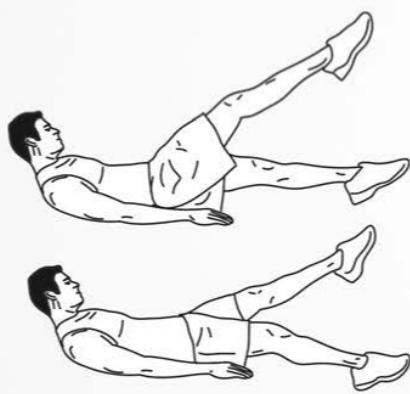
Day 12

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



20 flutter kicks

10 windshield wipers

20 flutter kicks

10 windshield wipers



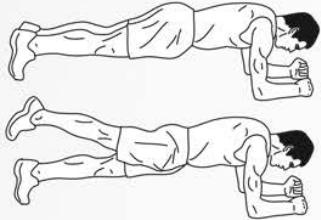
Day 13

Level I 3 sets

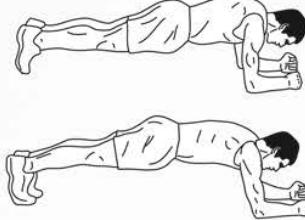
Level II 4 sets

Level III 5 sets

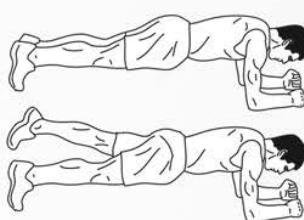
2 minutes rest between sets



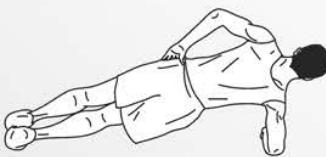
10 elbow plank leg raises
right leg



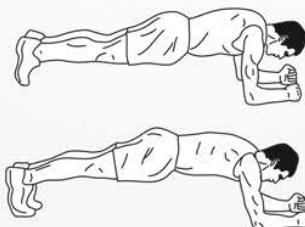
5 body saw



10 elbow plank leg raises
left leg



10-count side plank hold
right side



5 body saw



10-count side plank hold
left side



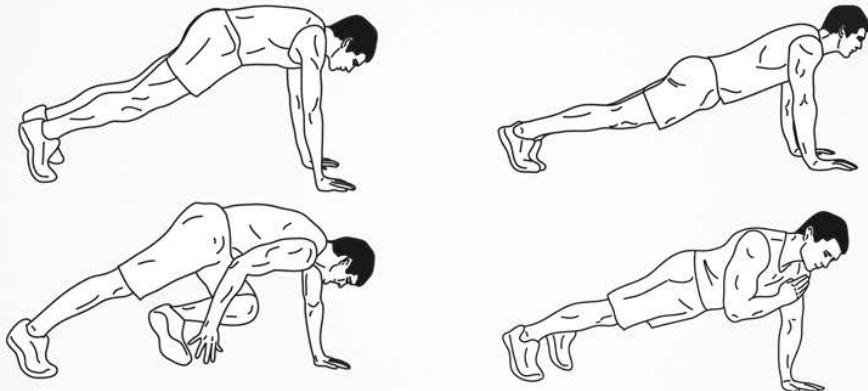
Day 14

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 climber taps

10 shoulder taps

10 climber taps

10 shoulder taps

10 climber taps

10 shoulder taps



Day 15

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



20 knee-to-elbows

20 side jacks

20 knee-to-elbows

20 side jacks



Day 16

Level I 3 sets

Level II 4 sets

Level III 5 sets

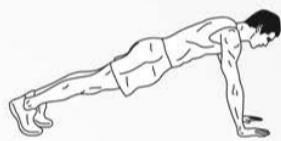
2 minutes rest between sets



5 up & down planks



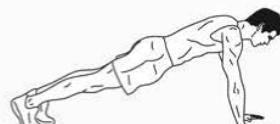
10 plank crunches



5 up & down planks



10 plank rolls



10 plank rolls



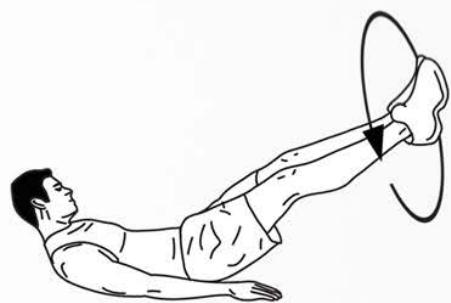
Day 17

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



5 leg raises

5 raised leg circles

5 leg raises

5 raised leg circles

5 leg raises

5 raised leg circles



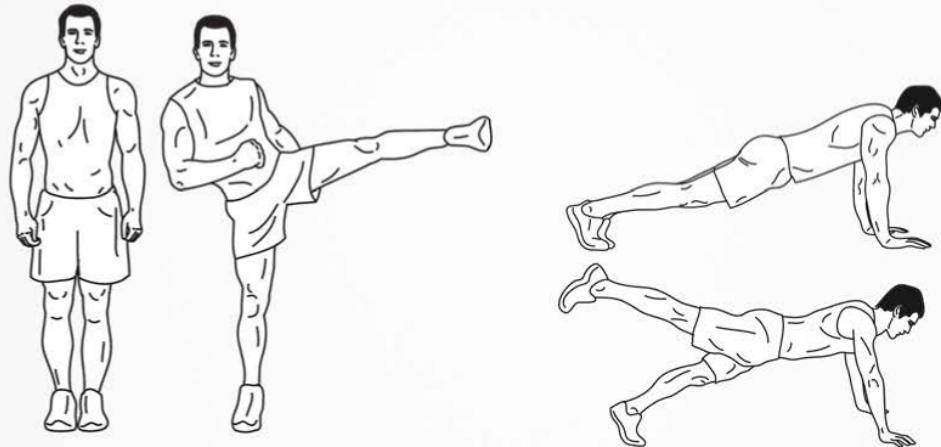
Day 18

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



40 side leg raises (right leg)

10 plank leg raises

40 side leg raises (left leg)

10 plank leg raises



Day 19

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



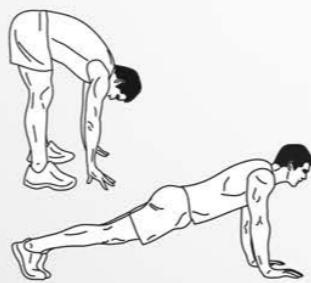
10 shoulder taps



10 climber taps



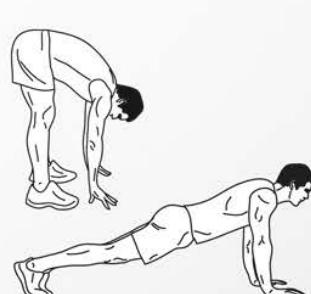
10 shoulder taps



one plank walk-out



10-count plank hold



one plank walk-out



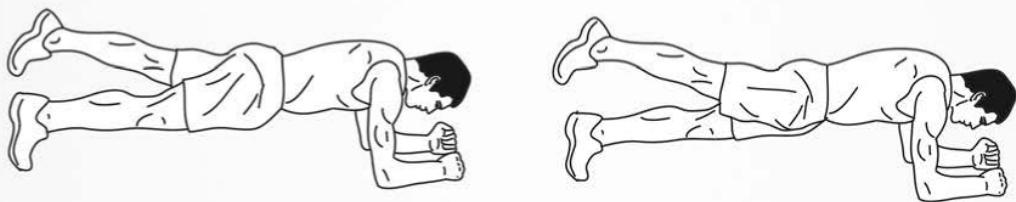
Day 20

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10-count elbow plank raised leg hold (left leg)

10-count elbow plank raised leg hold (right leg)

10-count elbow plank raised leg hold (left leg)

10-count elbow plank raised leg hold (right leg)

10-count elbow plank raised leg hold (left leg)

10-count elbow plank raised leg hold (right leg)



Day 21

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 bridges

20 heel taps

10 bridges

20 heel taps



Day 22

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



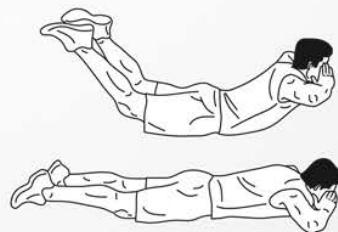
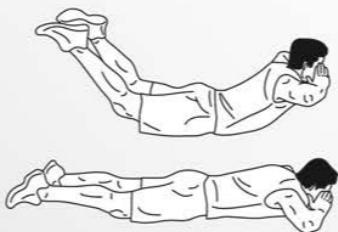
10 side bridges
right side



10 plank rolls



10 side bridges
left side



5 back extensions

10-count extension hold

5 back extensions



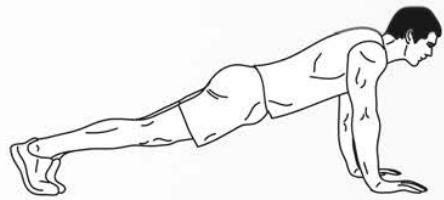
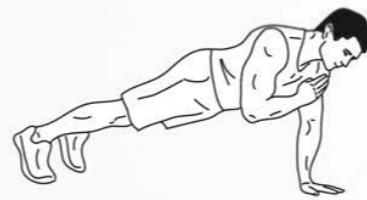
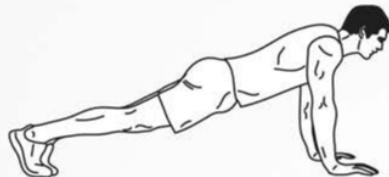
Day 23

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



20 shoulder taps

10-count plank hold

20 shoulder taps

10-count plank hold

20 shoulder taps

10-count plank hold



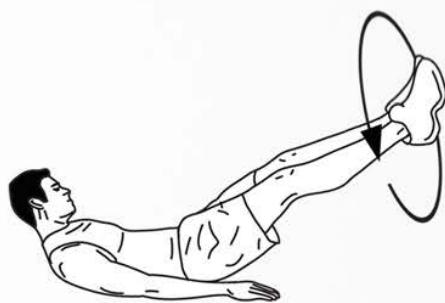
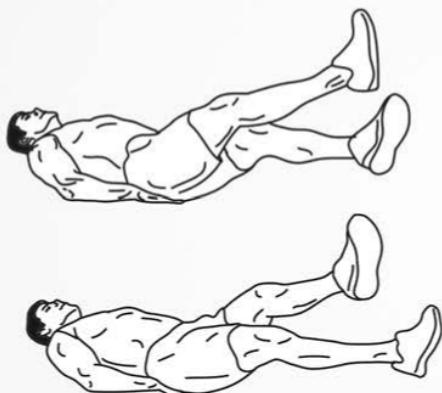
Day 24

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 leg scissors

5 raised leg circles

10 leg scissors

5 raised leg circles

10 leg scissors

5 raised leg circles



Day 25

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



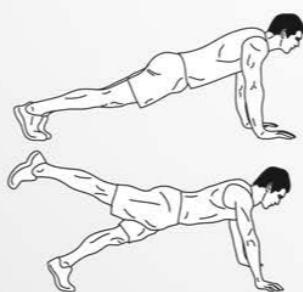
10-count side plank hold
right side



10 plank rotations



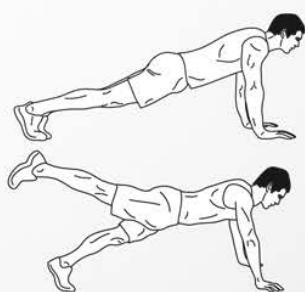
10-count side plank hold
left side



10 plank leg raises



10-count plank hold



10 plank leg raises



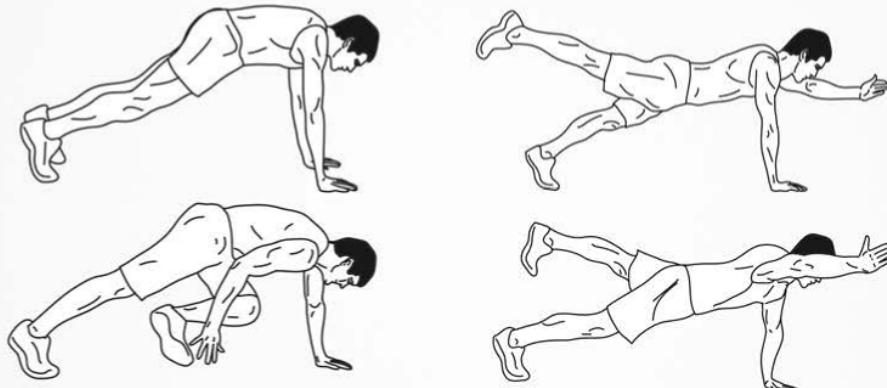
Day 26

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 climber taps

4 alt arm / leg raises

10 climber taps

4 alt arm / leg raises

10 climber taps

4 alt arm / leg raises



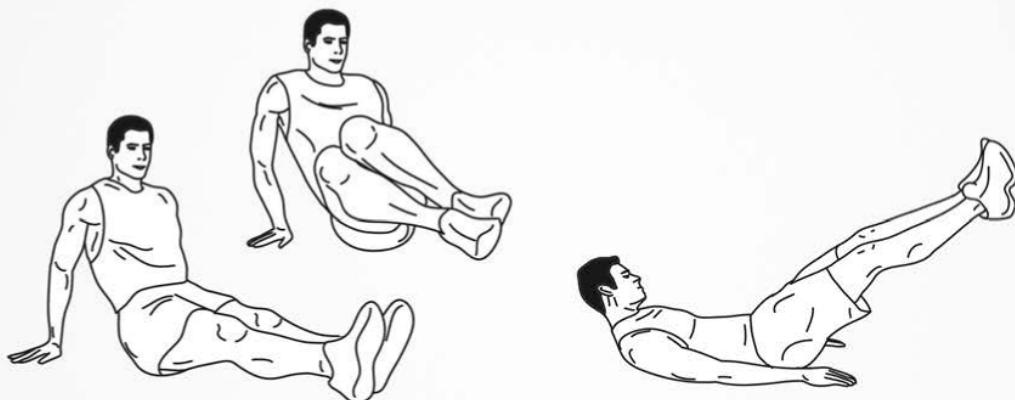
Day 27

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 knee-in & twists

10-count raised leg hold

10 knee-in & twists

10-count raised leg hold

10 knee-in & twists

10-count raised leg hold



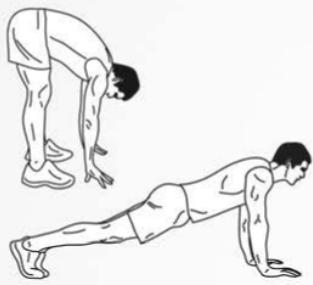
Day 28

Level I 3 sets

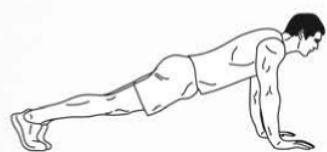
Level II 4 sets

Level III 5 sets

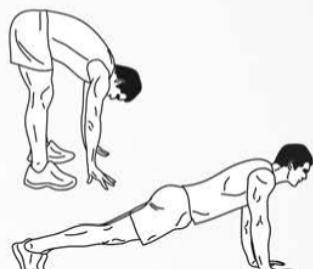
2 minutes rest between sets



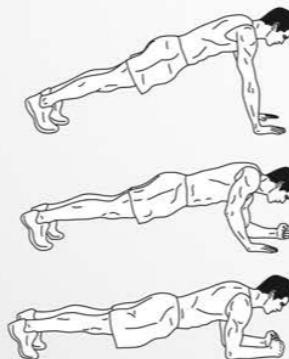
one plank walk-out



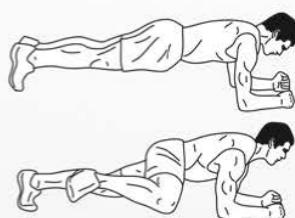
10-count plank hold



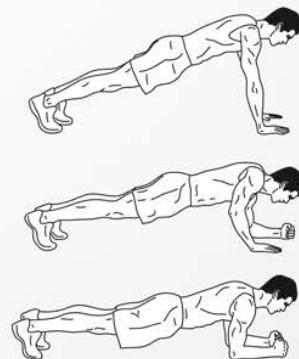
one plank walk-out



5 up & down planks



10 plank crunches



5 up & down planks



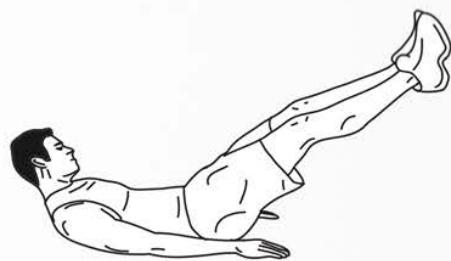
Day 29

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



10 leg raises

10-count raised leg hold

10 leg raises

10-count raised leg hold

10 leg raises

10-count raised leg hold



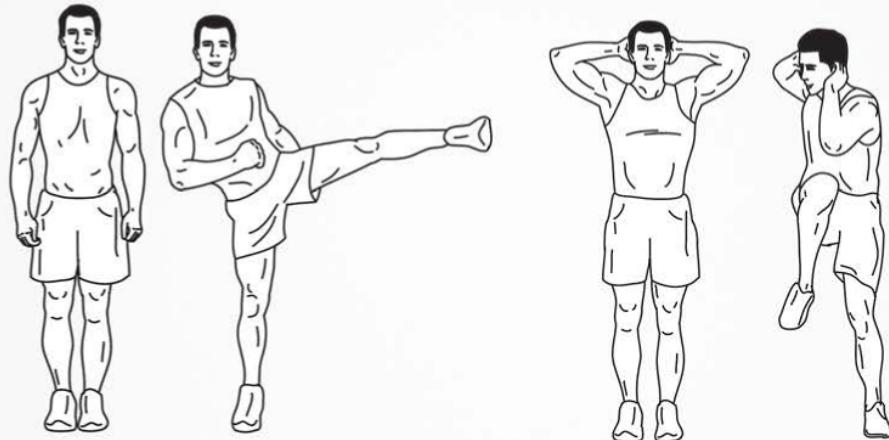
Day 30

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



50 side leg raises (right leg)

20 knee-to-elbows

50 side leg raises (left leg)

20 knee-to-elbows