

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The 30 Day CORE Challenge runs for 30 consecutive days in one month.	Complete the daily core workout posted on the calendar.	Tweet it when you complete it - #corechallenge.	A day without CORE is like a day without sunshine!		1 20 sec each of exercises 1-11	2 20 sec each of exercises 12-22
3 20 sec each of even # exercises	4 20 sec each of odd # exercises	5 30 sec each of exercises 1-11	6 30 sec each of exercises 12-22	7 20 sec each of exercises 1-22	8  60 sec each of exercises 8, 13, 19, and 22	9 2 x 15 reps of odd # exercises
10 2 x 15 reps of even # exercises	11 2 x 20sec of exercises 1-11	12 2 x 20 sec of exercises 12-22	13 3 x 10 reps of odd # exercises	14 3 x 10 reps of even # exercises	15  60 sec each of exercises 16, 17, 18, and 19	16 Pyramid Core: 5-10-15-10-5 reps of exercises 5, 6, 7, 8, 19
17 Tabata Core: 8 x 20 sec of exercises 9-14 (10 sec rest b/e)	18 Pyramid Core: 5-10-15-10-5 reps of exercises 14,15,16,17,18	19 Tabata Core: 8 x 20 sec of exercises 2-7 (10 sec rest b/e)	20 Pyramid Core: 5-10-15-10-5 reps of exercises 9, 10, 11, 12, 13	21 Tabata Core: 8 x 20 sec of exercises 16-21 (10 sec rest b/e)	22  60 sec each of exercises 1, 5, 11, and 15	23 50 Crunchy Frog 50 Rev Crunch 50 Deadbugs
24 Superset Core: 3x20reps # 5,6 3x20reps# 9,10 3x20reps# 7,14	25 Pyramid Core: 5-10-15-10-5 reps of exercises 11,12, 13, 6, 4	26 3 x 12 reps of odd # exercises	27 3 x 12 reps of even # exercises	28 Tabata Core: 8 x 20 sec of exercises 17-22 (10 sec rest b/e)	29  60 sec each of exercises 4, 9, 12, and 21	30  30sec each of ALL exercises

CORE Madness: Exercises

Exercise	Photo	How-to
1. Birddog		<p>Kneel on mat on all fours with legs and hands slightly apart. Raise arm out straight beside head while raising and extending leg on opposite side up out behind body. Bring knee to elbow and then raise out again. Perform movement with opposite arm and leg.</p>
2. Front Plank		<p>Lie on your stomach with your spine in a neutral position. Lift your body up on your forearms and toes, keeping your head, torso, and legs in a straight line. Hold keeping all abdominals engaged.</p>
3. Side Plank		<p>Lie on side on mat. Place forearm on mat with elbow under shoulder perpendicular to body. Place upper leg in front of lower leg and straighten knees and hips. Raise body upward by straightening waist so body is ridged. Hold keeping shoulders and hips stacked above the other. Repeat with opposite side.</p>
4. Back Extension		<p>Lie flat on your stomach with hands beside shoulders and elbows into your rib cage. Look at the floor a few inches in front of you. Contract shoulder blades throughout the exercise causing your chest to raise and neck to lengthen. Lift your upper body off the floor leading with chest and keep your feet flat on the floor. Lower chest to floor while keeping elbows and hands off the ground. Repeat 15 times.</p>

5. Crunchy Frog



Sit on floor or mat. Lie supine with hands to sides. Raise legs 6 inches off of the floor and raise your head, neck and shoulders off the mat. Simultaneously, raise knees and torso until hips and knees are flexed bringing arms around legs. Return to starting position with waist, hips and knees extended. Repeat. Begin each repetition with upper back on floor to allow abdominal muscles to work dynamically.

Modification: Bring just one leg at a time in toward chest leaving the other leg resting on the floor.

6. Russian Twist



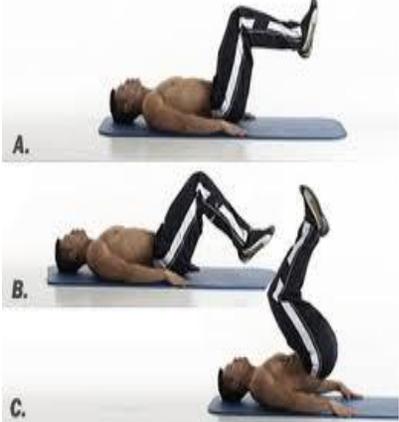
Russian Twist

Sitting on a mat with feet on floor and knees bent, holding arms out from chest, rotate arms and shoulders to the right and then back to the left for 1 rep. Engage lower abdominals and keep legs still.

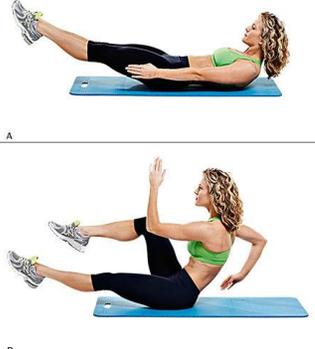
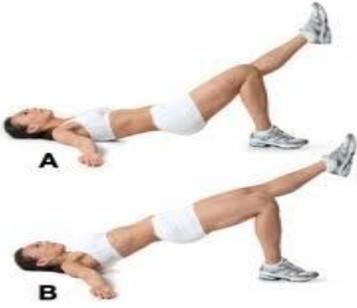
Advance 1 – pick feet up off floor (maintain still legs).

Advance 2 – hold a weight in hands out from chest.

Advance 3 – move legs in a bicycle fashion while rotating shoulders.

<p>7. Reverse Crunch</p>		<p>Lie on the floor and place hands on the floor or behind the head. Bring the knees in towards the chest until they're bent to 90 degrees, with feet together or crossed. Contract the abs to curl the hips off the floor, reaching the legs up towards the ceiling. Lower and repeat. It's a very small movement, so try to use your abs to lift your hips rather than swinging your legs and creating momentum.</p>
<p>8. Up-Down Plank</p>		<p>Starting in a front plank on your forearms and toes, press up to a high plank onto hands with arms straight. Lower back down to low plank. Repeat keeping hips square to floor and avoiding any rocking side to side. Alternate arms.</p>
<p>9. Front Plank with leg Raise</p>		<p>Lie on your stomach with your spine in a neutral position. Lift your body up on your forearms and toes, keeping your head, torso, and legs in a straight line. Hold keeping all abdominals engaged. Alternate lifting up one leg at a time until the glutes are engaged.</p>

<p>10. Side Plank with Curl</p>		<p>Lie on side on mat. Place forearm on mat under shoulder perpendicular to body. Place upper leg in front of lower leg and straighten knees and hips. Raise body upward by straightening waist so body is ridged. Hold position while rotating the shoulders to turn toward the floor and back to starting position. Repeat with opposite side.</p>
<p>11. Pushup with outside Mountain Climber</p>		<p>In a high plank position keeping core engaged and glutes tight, alternate bending each leg to bring knee to the same elbow then complete one pushup. Move controlled keeping hips square to the floor and spine in neutral.</p> <p>Modification: Do not do a pushup but instead alternate bringing right then left knee to the right/left elbow.</p>
<p>12. V-ups</p>		<p>Lying on your back with arms extended to make your body long as possible, explosively lift your upper body and legs up to meet each other (creating a V shape with your body). Lower your upper body and legs in a controlled manor and repeat. Lift your upper body from your hips and not your lower back.</p> <p>Modification: Bring one leg at a time up to meet arms leaving the other leg resting on the floor.</p>

<p>13. Jackknife Criss-Cross Crunch</p>		<p>Lie flat on a mat, arms extended overhead. Bring arms and legs straight up over the joints, and then lower back down (completing a jackknife crunch), then immediately do a crisscross crunch to each side in order to complete one full repetition. Abs, obliques, and thighs are all targeted.</p>
<p>14. Sprinters Situp</p>		<p>Lie on your back with arms at your sides and legs extended. Explosively sit up as far as you can while driving your left arm forward and your right knee to your chest. Reverse the motion but try not to let your torso or legs rest on the floor for even a moment. Repeat on the other side. The motion looks somewhat like you're sprinting.</p>
<p>15. 1-Leg Hip Bridge</p>		<p>On the floor, face up, right knee bent to 90 degrees with heel on ground, left leg held to chest. Fire your right glute to bridge hips to sky so weight is supported only by the right heel and shoulders. Hold, and return to start position. Repeat for prescribed number of repetitions and switch legs. Initiate movement with glutes and keep hips level with the floor.</p>
<p>16. Front Plank Jack</p>		<p>In a high plank on your hands with elbows straight, engage your core keeping hips square to the floor. Jump both feet out to the sides and then back together.</p>

<p>17. Side Plank Knee to Elbow</p>		<p>Lie on side on mat. Place forearm or straight arm on mat under shoulder perpendicular to body. Place upper leg in front of lower leg and straighten knees and hips. Raise body upward by straightening waist so body is ridged and raise arm above shoulder. Bring top elbow to top knee in front of you then return to previous position. Repeat with opposite side.</p>
<p>18. Leg Raises</p>		<p>Lie face-up on a mat with your hands around your butt. Raise your legs about one inch off the ground, then lift your shoulders up as you raise your legs up to perpendicular with the floor and then lower to one inch off the floor. Keep your lower back on the mat.</p> <p>Modify: Make this easier by raising just one leg at a time.</p>
<p>19. Quad Hip Ext.</p>		<p>Start in a quadruped position (on your hands and knees). Tighten your core and contract your abs to stabilize the spine. Focus on contracting the left glute. You may need to place your hand on your glute to be sure it contracts. Slowly lift the left leg up while keeping a 90-degree bend at the knee. The left thigh should be nearly parallel with the ground. Slowly lower to the start position and repeat on one side before switching to other side. To increase the intensity of this exercise, place a small dumbbell behind your knee or add an ankle weight.</p>

<p>20. McGill Crunches</p>		<p>Lie on your back on the floor with your left leg straight and flat on the floor. Your right knee should be bent and your right foot flat. Place your hands palms down on the floor underneath the natural arch in your lower back. (Don't flatten your back.) Slowly raise your head and shoulders off the floor without bending your lower back or spine, and hold this position for 5 seconds, breathing deeply the entire time. That's one repetition. Do all your repetitions, then switch legs so that your right leg is straight and your left is bent. To advance the move raise your elbows and leg up as you raise your shoulders.</p>
<p>21. Bicycle Crunch</p>		<p>Lie flat on the floor with your lower back pressed to the ground and contract your core muscles. With your hands gently holding your head, lift your knees to about a 45-degree angle. Slowly, at first, go through a bicycle pedal motion. Alternately touching your elbows to the opposite knees as you twist back and forth. Breath evenly throughout the exercise.</p>
<p>22. Dead Bug</p>		<p>Begin by lying on back, knees up and bent at 90 degrees. Take the arms straight up overhead and hold this position for a moment, making sure abs are set and your back isn't arching off the floor (if it is, lower the feet to the ground for this exercise). Slowly lower the right arm and left leg towards the floor while keeping the lower back on the floor. Bring them back up and lower the left arm and right leg to the floor. That is 1 rep.</p>