



30 DAY CORE CHALLENGE

DAYS 1-19 DO 2 SETS WHILE DAYS 20-30 DO 3 SETS

SOCIAL

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Day 1

5 side plank
5 russian twist
8 bicycle crunch

Day 2

5 side plank
5 russian twist
10 bicycle crunch

Day 3

7 side plank
7 russian twist
10 bicycle crunch

Day 4

7 side plank
7 russian twist
12 bicycle crunch

Day 5

rest

Day 6

8 side plank
8 russian twist
12 bicycle crunch

Day 7

10 side plank
10 russian twist
15 bicycle crunch

Day 8

10 side plank
10 russian twist
15 bicycle crunch

Day 9

12 side plank
12 russian twist
15 bicycle crunch

Day 10

rest

Day 11

12 side plank
12 russian twist
17 bicycle crunch

Day 12

14 side plank
14 russian twist
18 bicycle crunch

Day 13

14 side plank
14 russian twist
20 bicycle crunch

Day 14

15 side plank
15 russian twist
20 bicycle crunch

Day 15

rest

Day 16

15 side plank
15 russian twist
22 bicycle crunch

Day 17

16 side plank
16 russian twist
22 bicycle crunch

Day 18

18 side plank
18 russian twist
22 bicycle crunch

Day 19

20 side plank
20 russian twist
25 bicycle crunch

Day 20

rest

Day 21

14 side plank
14 russian twist
18 bicycle crunch

Day 22

15 side plank
15 russian twist
20 bicycle crunch

Day 23

18 side plank
18 russian twist
20 bicycle crunch

Day 24

18 side plank
18 russian twist
20 bicycle crunch

Day 25

rest

Day 26

20 side plank
20 russian twist
22 bicycle crunch

Day 27

20 side plank
20 russian twist
24 bicycle crunch

Day 28

22 side plank
22 russian twist
26 bicycle crunch