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30-DAY CHALLENGE

CORE

REPEAT DAILY

- Basic crunch
- Bicycle crunch
- Knee to elbow plank
- Static plank
- Back extension
- Leg raise

FOR THIS MANY REPS

- Week 1 >>> 20 reps, 30-second plank
- Week 2 >>> 25 reps, 45-second plank
- Week 3 >>> 30 reps, 60-second plank
- Week 4 >>> 40 reps, 75-second plank