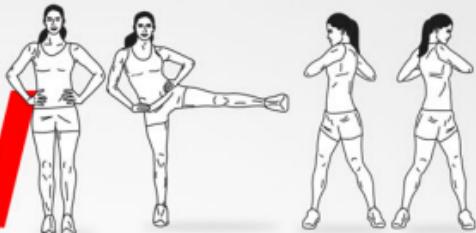


# core control



— 30-DAY CHALLENGE —

© darebee.com

1	40	60	40	70	40
	torso twists	side leg raises	torso twists	side leg raises	torso twists
6	80	40	90	40	100
	side leg raises	torso twists	side leg raises	torso twists	side leg raises
11	40	110	40	120	40
	torso twists	side leg raises	torso twists	side leg raises	torso twists
16	130	40	140	40	150
	side leg raises	torso twists	side leg raises	torso twists	side leg raises
21	40	160	40	170	40
	torso twists	side leg raises	torso twists	side leg raises	torso twists
26	180	40	190	40	200
	side leg raises	torso twists	side leg raises	torso twists	side leg raises