

IRON CORE



30-DAY CHALLENGE

@ darebee.com

1 10 plank rotations 3 sets 30sec rest	2 20 seconds each: leg raise hold side leg raise hold	3 10 plank rotations 3 sets 30sec rest	4 20 seconds each: leg raise hold side leg raise hold	5 12 plank rotations 3 sets 30sec rest
6 30 seconds each: leg raise hold side leg raise hold	7 12 plank rotations 3 sets 30sec rest	8 30 seconds each: leg raise hold side leg raise hold	9 14 plank rotations 3 sets 30sec rest	10 40 seconds each: leg raise hold side leg raise hold
11 14 plank rotations 3 sets 30sec rest	12 40 seconds each: leg raise hold side leg raise hold	13 16 plank rotations 3 sets 30sec rest	14 50 seconds each: leg raise hold side leg raise hold	15 16 plank rotations 3 sets 30sec rest
16 50 seconds each: leg raise hold side leg raise hold	17 18 plank rotations 3 sets 30sec rest	18 60 seconds each: leg raise hold side leg raise hold	19 18 plank rotations 3 sets 30sec rest	20 60 seconds each: leg raise hold side leg raise hold
21 20 plank rotations 3 sets 30sec rest	22 1min 10sec each: leg raise hold side leg raise hold	23 20 plank rotations 3 sets 30sec rest	24 1min 10sec each: leg raise hold side leg raise hold	25 22 plank rotations 3 sets 30sec rest
26 1min 20sec each: leg raise hold side leg raise hold	27 22 plank rotations 3 sets 30sec rest	28 1min 20sec each: leg raise hold side leg raise hold	29 24 plank rotations 3 sets 30sec rest	30 1min 30sec each: leg raise hold side leg raise hold