



Strengthening your core and glutes can improve your posture. It can also make sitting, standing, picking up heavy objects and climbing stairs easier. Stronger glutes can also improve athletic performance and decrease your risk for injuries.



CORE CORE CORE CORE CORE  
LEGS LEGS LEGS LEGS LEGS  
ARMS ARMS ARMS ARMS ARMS

## 30-DAY CHALLENGE

### GUT & GLUTES

#### CHALLENGE

Day 1 >>>> 30-second plank, 15 squats	Day 17 >>>> 30 situps, 20 quadruped leg extensions
Day 2 >>>> 40-second plank, 20 squats	Day 18 >>>> 35 situps, 25 quadruped leg extensions
Day 3 >>>> 50-second plank, 25 squats	Day 19 >>>> 40 situps, 30 quadruped leg extensions
Day 4 >>>> 1-minute plank, 30 squats	Day 20 >>>> 45 situps, 35 quadruped leg extensions
Day 5 >>>> REST	Day 21 >>>> 50 situps, 40 quadruped leg extensions
Day 6 >>>> 25 bicycle crunches, 15 lunges per leg	Day 22 >>>> REST
Day 7 >>>> 30 bicycle crunches, 20 lunges per leg	Day 23 >>>> 1-minute plank, 50 squats
Day 8 >>>> 35 bicycle crunches, 25 lunges per leg	Day 24 >>>> 90-second plank, 50 squats
Day 9 >>>> 40 bicycle crunches, 30 lunges per leg	Day 25 >>>> 100-second plank, 50 squats
Day 10 >>>> REST	Day 26 >>>> 2-minute plank, 50 squats
Day 11 >>>> 30 crunches, 35 squats	Day 27 >>>> 2.5-minute plank, 50 squats
Day 12 >>>> 35 crunches, 40 squats	Day 28 >>>> REST
Day 13 >>>> 40 crunches, 45 squats	Day 29 >>>> 1-minute plank, 50 crunches, 50 squats, 25 quadruped leg extensions
Day 14 >>>> 45 crunches, 50 squats	Day 30 >>>> 2-minute plank, 50 crunches, 50 squats, 25 quadruped leg extensions
Day 15 >>>> 50 crunches, 55 squats	
Day 16 >>>> REST	