

JANUARY 2021 WORKOUT CHALLENGE CORE

Day 1 10 Crunches 10 Heels to Heaven 3x	Day 2 10 Russian Twist 10 Downward Dog Opposite Toe Reach 3x	Day 3 10 Back Extensions 10 Plank Jacks 3x	Day 4 REST	Day 5 20 High Knees 10 Crunches 3x	Day 6 20 Bicycle Crunches 10 Dive Bombers 3x
Day 7 REST	Day 8 20 Crunches 10 Heels to Heaven 3x	Day 9 10 ea Side Plank Reach Through 10 Plank Jacks 3x	Day 10 10 Back Extensions 10 ea Side Crunch 3x	Day 11 REST	Day 12 20 Crunches 20 Reverse Crunch 20 Russian Twist 3x
Day 13 10 Dive Bombers 20 Plank Jacks 3x	Day 14 10 ea side Wood Chop 15 Frog Jumps 3x	Day 15 REST	Day 16 5 Burpees 10 Hamstring Lean Back 15 Sec Plank 3x	Day 17 20 Crunches 20 Reverse Crunch 20 Russian Twist 3x	Day 18 10 Dive Bombers 20 Plank Jacks 3x
Day 19 20 Crunches 20 Reverse Crunch 20 Russian Twist 3x	Day 20 REST	Day 21 20 Crunches 10 Heels to Heaven 3x	Day 22 10 ea Side Plank Reach Through 10 Plank Jacks 3x	Day 23 10 Back Extensions 10 ea Side Crunch 3x	Day 24 REST
Day 25 5 Burpees 10 Hamstring Lean Back 15 Sec Plank 3x	Day 26 10 Crunches 10 Reverse Crunch 20 Russian Twist 3x	Day 27 10 Dive Bombers 20 Plank Jacks 3x	Day 28 REST	Day 29 10 Ea. Side Wood Chop 15 Frog Jumps 3x	Day 30 10 Side Plank Reach Through 10 Plank Jacks 3x
Day 31 20 Crunches 10 Heels to Heaven 20 Bicycle Crunches 3x					