

November Core Challenge

ADVANCED

1	30 Sec S.L. Bridge	1 min plank	30 Sec Side Plank	25 Crunches	10 Bench/Hanging Leg Raises
2	30 Sec S.L. Bridge	1 min plank	30 Sec Side Plank	25 Crunches	10 Bench/Hanging Leg Raises
3	30 Sec S.L. Bridge	1 min plank	30 Sec Side Plank	25 Crunches	10 Bench/Hanging Leg Raises
4	Rest	Rest	Rest	Rest	Rest
5	35 Sec S.L. Bridge	1:15 min plank	35 Sec Side Plank	30 Crunches	12 Bench/Hanging Leg Raises
6	35 Sec S.L. Bridge	1:15 min plank	35 Sec Side Plank	30 Crunches	12 Bench/Hanging Leg Raises
7	35 Sec S.L. Bridge	1:15 min plank	35 Sec Side Plank	30 Crunches	12 Bench/Hanging Leg Raises
8	Rest	Rest	Rest	Rest	
9	40 Sec S.L. Bridge	1:20 min plank	40 Sec Side Plank	35 Crunches	15 Bench/Hanging Leg Raises
10	40 Sec S.L. Bridge	1:20 min plank	40 Sec Side Plank	35 Crunches	15 Bench/Hanging Leg Raises
11	40 Sec S.L. Bridge	1:20 min plank	40 Sec Side Plank	35 Crunches	15 Bench/Hanging Leg Raises
12	Rest	Rest	Rest	Rest	Rest
13	45 Sec S.L. Bridge	1:25 min plank	45 Sec Side Plank	40 Crunches	18 Bench/Hanging Leg Raises
14	45 Sec S.L. Bridge	1:25 min plank	45 Sec Side Plank	40 Crunches	18 Bench/Hanging Leg Raises
15	45 Sec S.L. Bridge	1:25 min plank	45 Sec Side Plank	40 Crunches	18 Bench/Hanging Leg Raises
16	Rest	Rest	Rest	Rest	Rest
17	50 Sec S.L. Bridge	1:30 min plank	50 Sec Side Plank	45 Crunches	20 Bench/Hanging Leg Raises
18	50 Sec S.L. Bridge	1:30 min plank	50 Sec Side Plank	45 Crunches	20 Bench/Hanging Leg Raises
19	50 Sec S.L. Bridge	1:30 min plank	50 Sec Side Plank	45 Crunches	20 Bench/Hanging Leg Raises
20	Rest	Rest	Rest	Rest	Rest
21	1 min S.L. Bridge	1:45 min plank	1 min Side Plank	50 Crunches	23 Bench/Hanging Leg Raises
22	1 min S.L. Bridge	1:45 min plank	1 min Side Plank	50 Crunches	23 Bench/Hanging Leg Raises
23	1 min S.L. Bridge	1:45 min plank	1 min Side Plank	50 Crunches	23 Bench/Hanging Leg Raises
24	Rest	Rest	Rest	Rest	Rest
25	1:30 min S.L. Bridg	2:00 min plank	1:15 Side Plank	60 Crunches	25 Bench/Hanging Leg Raises
26	1:30 min S.L. Bridg	2:00 min plank	1:15 Side Plank	60 Crunches	25 Bench/Hanging Leg Raises
27	1:30 min S.L. Bridg	2:00 min plank	1:15 Side Plank	60 Crunches	25 Bench/Hanging Leg Raises
28	Rest	Rest	Rest	Rest	Rest
29	Rest	Rest	Rest	Rest	Rest
30	2:00 min S.L. Bridg	3:00 min plank	2:00 Side Plank	75 Crunches	30 Bench/Hanging Leg Raises