

November Core Challenge **Beginner**

1	15 Sec S.L. Bridge	30 sec plank	15 Sec Side Plank	12 Crunches	5 Bench/Hanging Leg Raises
2	15 Sec S.L. Bridge	30 sec plank	15 Sec Side Plank	12 Crunches	5 Bench/Hanging Leg Raises
3	15 Sec S.L. Bridge	30 sec plank	15 Sec Side Plank	12 Crunches	5 Bench/Hanging Leg Raises
4	Rest	Rest	Rest	Rest	Rest
5	20 Sec S.L. Bridge	40 sec plank	20 Sec Side Plank	16 Crunches	7 Bench/Hanging Leg Raises
6	20 Sec S.L. Bridge	40 sec plank	20 Sec Side Plank	16 Crunches	7 Bench/Hanging Leg Raises
7	20 Sec S.L. Bridge	40 sec plank	20 Sec Side Plank	16 Crunches	7 Bench/Hanging Leg Raises
8	Rest	Rest	Rest	Rest	
9	25 Sec S.L. Bridge	45 sec plank	25 Sec Side Plank	20 Crunches	10 Bench/Hanging Leg Raises
10	25 Sec S.L. Bridge	45 sec plank	25 Sec Side Plank	20 Crunches	10 Bench/Hanging Leg Raises
11	25 Sec S.L. Bridge	45 sec plank	25 Sec Side Plank	20 Crunches	10 Bench/Hanging Leg Raises
12	Rest	Rest	Rest	Rest	Rest
13	30 Sec S.L. Bridge	50 sec plank	30 Sec Side Plank	25 Crunches	13 Bench/Hanging Leg Raises
14	30 Sec S.L. Bridge	50 sec plank	30 Sec Side Plank	25 Crunches	13 Bench/Hanging Leg Raises
15	30 Sec S.L. Bridge	50 sec plank	30 Sec Side Plank	25 Crunches	13 Bench/Hanging Leg Raises
16	Rest	Rest	Rest	Rest	Rest
17	35 Sec S.L. Bridge	55 sec plank	35 Sec Side Plank	30 Crunches	16 Bench/Hanging Leg Raises
18	35 Sec S.L. Bridge	55 sec plank	35 Sec Side Plank	30 Crunches	16 Bench/Hanging Leg Raises
19	35 Sec S.L. Bridge	55 sec plank	35 Sec Side Plank	30 Crunches	16 Bench/Hanging Leg Raises
20	Rest	Rest	Rest	Rest	Rest
21	40 sec S.L. Bridge	1 min plank	40 sec Side Plank	35 Crunches	20 Bench/Hanging Leg Raises
22	40 sec S.L. Bridge	1 min plank	40 sec Side Plank	35 Crunches	20 Bench/Hanging Leg Raises
23	40 sec S.L. Bridge	1 min plank	40 sec Side Plank	35 Crunches	20 Bench/Hanging Leg Raises
24	Rest	Rest	Rest	Rest	Rest
25	50 sec S.L. Bridge	1:10 min plank	45 sec Side Plank	45 Crunches	23 Bench/Hanging Leg Raises
26	50 sec S.L. Bridge	1:10 min plank	45 sec Side Plank	45 Crunches	23 Bench/Hanging Leg Raises
27	50 sec S.L. Bridge	1:10 min plank	45 sec Side Plank	45 Crunches	23 Bench/Hanging Leg Raises
28	Rest	Rest	Rest	Rest	Rest
29	Rest	Rest	Rest	Rest	Rest
30	1 min S.L. Bridge	2 min plank	1:15 Side Plank	55 Crunches	25 Bench/Hanging Leg Raises