

# 30 Day Core Challenge

- ☐ DAY ONE: 5 Mountain Climbs
- ☐ DAY TWO: Plank for 10 Seconds
- ☐ DAY THREE: 6 Mountain Climbs
- ☐ DAY FOUR: Plank for 11 Seconds
- ☐ DAY FIVE: 7 Mountain Climbs
- ☐ DAY SIX: Plank for 12 Seconds
- ☐ DAY SEVEN: Rest
- ☐ DAY EIGHT: 8 Mountain Climbs
- ☐ DAY NINE: Plank for 13 Seconds
- ☐ DAY TEN: 9 Mountain Climbs
- ☐ DAY ELEVEN: Plank for 14 Seconds
- ☐ DAY TWELVE: 10 Mountain Climbs
- ☐ DAY THIRTEEN: Plank for 15 Seconds
- ☐ DAY FOURTEEN: Rest
- ☐ DAY FIFTEEN: 11 Mountain Climbs
- ☐ DAY SIXTEEN: Plank for 16 Seconds
- ☐ DAY SEVENTEEN: 12 Mountain Climbs
- ☐ DAY EIGHTEEN: Plank for 17 Seconds
- ☐ DAY NINETEEN: 13 Mountain Climbs
- ☐ DAY TWENTY: Plank for 18 Seconds
- ☐ DAY TWENTY ONE: Rest
- ☐ DAY TWENTY TWO: 14 Mountain Climbs
- ☐ DAY TWENTY THREE: Plank for 19 Seconds
- ☐ DAY TWENTY FOUR: 16 Mountain Climbs
- ☐ DAY TWENTY FIVE: Plank for 20 Seconds
- ☐ DAY TWENTY SIX: 18 Mountain Climbs
- ☐ DAY TWENTY SEVEN: Plank for 22 Seconds
- ☐ DAY TWENTY EIGHT: Rest
- ☐ DAY TWENTY NINE: 20 Mountain Climbs
- ☐ DAY THIRTY: Plank for 25 Seconds

