

better core



30-DAY CHALLENGE

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1 60 seconds balance swings 3 sets 30sec rest	2 10 side bridges 3 sets 30sec rest	3 60 seconds balance swings 3 sets 30sec rest	4 10 side bridges 3 sets 30sec rest	5 60 seconds balance swings 3 sets 30sec rest
6 12 side bridges 3 sets 30sec rest	7 60 seconds balance swings 3 sets 30sec rest	8 12 side bridges 3 sets 30sec rest	9 60 seconds balance swings 3 sets 30sec rest	10 14 side bridges 3 sets 30sec rest
11 60 seconds balance swings 3 sets 30sec rest	12 14 side bridges 3 sets 30sec rest	13 60 seconds balance swings 3 sets 30sec rest	14 16 side bridges 3 sets 30sec rest	15 60 seconds balance swings 3 sets 30sec rest
16 16 side bridges 3 sets 30sec rest	17 60 seconds balance swings 3 sets 30sec rest	18 18 side bridges 3 sets 30sec rest	19 60 seconds balance swings 3 sets 30sec rest	20 18 side bridges 3 sets 30sec rest
21 60 seconds balance swings 3 sets 30sec rest	22 20 side bridges 3 sets 30sec rest	23 60 seconds balance swings 3 sets 30sec rest	24 20 side bridges 3 sets 30sec rest	25 60 seconds balance swings 3 sets 30sec rest
26 22 side bridges 3 sets 30sec rest	27 60 seconds balance swings 3 sets 30sec rest	28 22 side bridges 3 sets 30sec rest	29 60 seconds balance swings 3 sets 30sec rest	30 24 side bridges 3 sets 30sec rest