

# core control



— 30-DAY CHALLENGE —

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1 40 torso twists	2 60 side leg raises	3 40 torso twists	4 70 side leg raises	5 40 torso twists
6 80 side leg raises	7 40 torso twists	8 90 side leg raises	9 40 torso twists	10 100 side leg raises
11 40 torso twists	12 110 side leg raises	13 40 torso twists	14 120 side leg raises	15 40 torso twists
16 130 side leg raises	17 40 torso twists	18 140 side leg raises	19 40 torso twists	20 150 side leg raises
21 40 torso twists	22 160 side leg raises	23 40 torso twists	24 170 side leg raises	25 40 torso twists
26 180 side leg raises	27 40 torso twists	28 190 side leg raises	29 40 torso twists	30 200 side leg raises