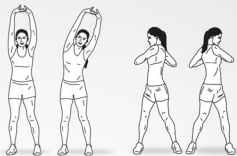


# EASY CORE

— 30-DAY CHALLENGE —



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1 8 side bends 4 twists 3 sets   no rest	2 30 side bends throughout the day	3 8 side bends 4 twists 3 sets   no rest	4 30 side bends throughout the day	5 10 side bends 4 twists 3 sets   no rest
6 40 side bends throughout the day	7 10 side bends 4 twists 3 sets   no rest	8 40 side bends throughout the day	9 12 side bends 4 twists 3 sets   no rest	10 50 side bends throughout the day
11 12 side bends 4 twists 3 sets   no rest	12 50 side bends throughout the day	13 14 side bends 4 twists 3 sets   no rest	14 60 side bends throughout the day	15 14 side bends 4 twists 3 sets   no rest
16 60 side bends throughout the day	17 16 side bends 4 twists 3 sets   no rest	18 70 side bends throughout the day	19 16 side bends 4 twists 3 sets   no rest	20 70 side bends throughout the day
21 18 side bends 4 twists 3 sets   no rest	22 80 side bends throughout the day	23 18 side bends 4 twists 3 sets   no rest	24 80 side bends throughout the day	25 20 side bends 4 twists 3 sets   no rest
26 90 side bends throughout the day	27 20 side bends 4 twists 3 sets   no rest	28 90 side bends throughout the day	29 22 side bends 4 twists 3 sets   no rest	30 100 side bends throughout the day