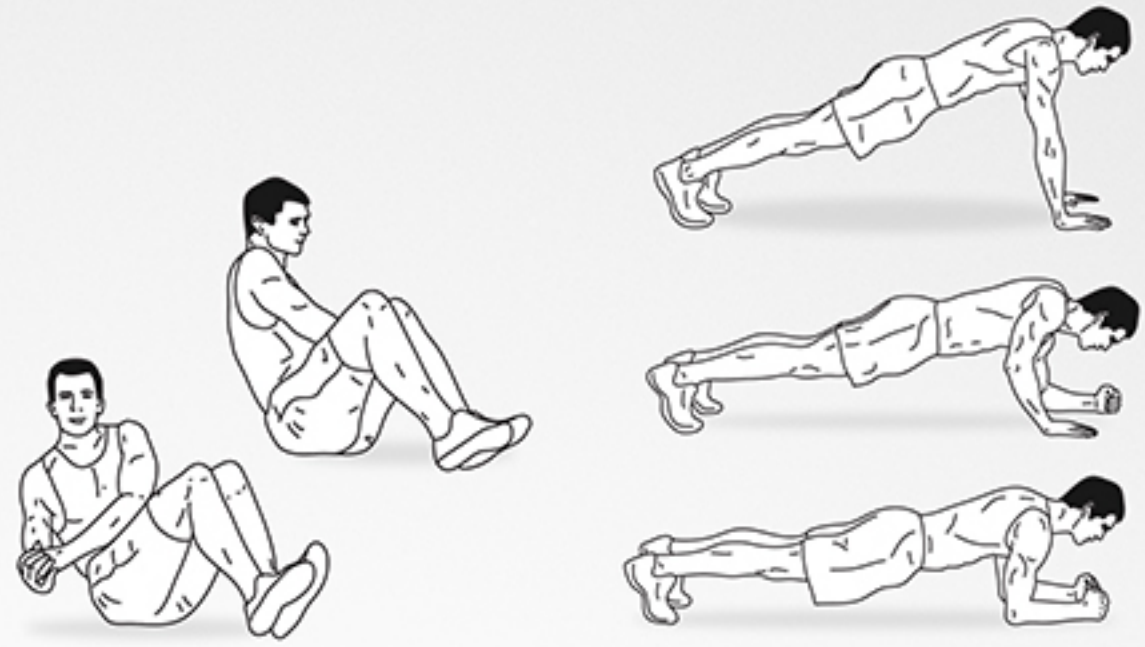


EPIC CORE

— 30-DAY CHALLENGE —



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1 6 up & down planks 10-count plank hold 4 sets 30sec rest	2 12 sitting twists 4 sets 30sec rest	3 6 up & down planks 10-count plank hold 4 sets 30sec rest	4 12 sitting twists 4 sets 30sec rest	5 7 up & down planks 10-count plank hold 4 sets 30sec rest
6 14 sitting twists 4 sets 30sec rest	7 7 up & down planks 10-count plank hold 4 sets 30sec rest	8 14 sitting twists 4 sets 30sec rest	9 8 up & down planks 10-count plank hold 4 sets 30sec rest	10 16 sitting twists 4 sets 30sec rest
11 8 up & down planks 10-count plank hold 4 sets 30sec rest	12 16 sitting twists 4 sets 30sec rest	13 9 up & down planks 10-count plank hold 4 sets 30sec rest	14 18 sitting twists 4 sets 30sec rest	15 9 up & down planks 10-count plank hold 4 sets 30sec rest
16 18 sitting twists 4 sets 30sec rest	17 10 up & down planks 10-count plank hold 4 sets 30sec rest	18 20 sitting twists 4 sets 30sec rest	19 10 up & down planks 10-count plank hold 4 sets 30sec rest	20 20 sitting twists 4 sets 30sec rest
21 11 up & down planks 10-count plank hold 4 sets 30sec rest	22 22 sitting twists 4 sets 30sec rest	23 11 up & down planks 10-count plank hold 4 sets 30sec rest	24 22 sitting twists 4 sets 30sec rest	25 12 up & down planks 10-count plank hold 4 sets 30sec rest
26 24 sitting twists 4 sets 30sec rest	27 12 up & down planks 10-count plank hold 4 sets 30sec rest	28 24 sitting twists 4 sets 30sec rest	29 13 up & down planks 10-count plank hold 4 sets 30sec rest	30 26 sitting twists 4 sets 30sec rest