

Progressive Training Plan - 30 Day Core Fitness Challenge

Day 1:

- 25 sit-ups
- 10 hollow rock/supermans (5 of each)
- 10 pushups (from knees or toes)
- 15 second plank (from hands or forearms)

Day 2:

- 10 crunches
- 10 reverse crunches
- 7 getups
- 10 second static v-sit
- 20 second plank (from hands or forearms)

Day 3:

- 15 push-ups (from knees or toes)
- 20 second plank
- 10 second side plank (each side for 10 seconds)
- 5 v-sits
- 10 bicycle crunches
- 10 hollow rock/superman (5 of each)

Day 4: Rest Day

Day 5:

- 35 sit-ups
- 15 pushups
- 20 scissor kick crunches
- 10 getups
- 25 second plank

Day 6:

- 30 second plank
- 20 pushups (you can split these up and do some on your toes and the rest on your knees)

- tabata chimney sit-ups (20 seconds of work followed by 10 seconds of rest. Repeat 8 times.)

Day 7:

- 30 reverse crunches
- 30 crunches
- 30 pushups
- 10 getups

Day 8: Rest Day

Day 9:

- 30 second plank
- 30 second side plank (each side)
- 30 second star plank (each side)
- 10 hollow rock/superman (5 each)

Day 10:

- 50 sit-ups (you can do it!)
- 25 pushups
- 5 v-sits

Day 11:

- 50 crunches
- 25 reverse crunches
- 25 bicycle crunches
- 1-minute plank

Day 12: Rest Day

Day 13:

- 10 getups
- 10 hollow rock/superman
- 30 pushups
- 10 v-sits (or a 30 second v-sit hold)

Day 14:

- 65 sit-ups

- 90 second plank
- 1-minute side plank (each side)
- 50 crunches

Day 15:

- 10 v-sits
- 30 bicycle crunches
- 30 scissor kicks
- 75 pushups

Day 16: Rest Day

Day 17:

- 85 sit-ups
- 20 hollow rock/supermans (10 of each)
- 100 pushups (from knees or toes)
- 90 second plank (from hands or forearms)

Day 18:

- 100 crunches
- 100 reverse crunches
- 10 getups
- 60 second static v-sit
- 90 second side plank (each side)

Day 19:

- 100 push-ups (from knees or toes)
- 90 second plank
- 90 second star plank (each side for 10 seconds)
- 5 v-sits
- 100 bicycle crunches
- 10 hollow rock/superman (5 of each)

Day 20: Rest Day

Day 21:

- 125 sit-ups
- 115 pushups
- 75 scissor kick crunches

- 10 getups
- 120 second plank

Day 22:

- 120 second plank
- tabata v-sits (20 seconds of work followed by 10 seconds of rest. Repeat 8 times.)
- 125 crunches
- 25 reverse crunches

Day 23:

- 125 bicycle crunches
- 130 pushups
- 10 getups

Day 24: Rest Day

Day 25:

- 120 second plank
- 120 second side plank (each side)
- 120 second star plank (each side)
- 120 hollow rock/superman (5 each)
- 25 v-sits

Day 26:

- 150 sit-ups (you can do it!)
- 125 pushups
- 25 chimney sit-ups
- 10 getups

Day 27:

- 150 crunches
- 100 reverse crunches
- 100 bicycle crunches
- 3-minute plank

Day 28: Rest Day

Day 29:

- 150 sit-ups
- 2-minute side plank
- 2-minute star plank (each side)
- 150 crunches

Day 30:

- 50 v-sits
- 100 bicycle crunches
- 100 scissor kicks
- 125 pushups

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