



28-Day Core Challenge Tracker

A description of all core exercises is provided. Follow the schedule and mark off each day you complete the challenge.

Keep each other motivated! Share your photos with us on social media. Tag us on [Facebook](#) or [Instagram](#).

***Please consult with your doctor before beginning an exercise program.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Bridge x 10 Plank x 20 sec. Superman x 10 Bicycle Crunch x 10	Bridge x 10 Plank x 20 sec. Superman x 10 Bicycle Crunch x 10	Rest	Bridge x 12 Plank x 25 sec. Superman x 12 Bicycle Crunch x 12	Bridge x 12 Plank x 30 sec. Superman x 12 Bicycle Crunch x 12	Rest	Bridge x 15 Plank x 30 sec. Superman x 15 Bicycle Crunch x 15
Week 2	Bridge x 15 Plank x 40 sec. Superman x 15 Bicycle Crunch x 15	Bridge x 20 Plank x 45 sec. Superman x 20 Bicycle Crunch x 20	Rest	Bridge x 20 Plank x 50 sec. Superman x 20 Bicycle Crunch x 20	Bridge x 25 Plank x 50 sec. Superman x 25 Bicycle Crunch x 25	Rest	Bridge x 25 Plank x 60 sec. Superman x 25 Bicycle Crunch x 25
Week 3	Bridge x 30 Plank x 60 sec. Superman x 30 Bicycle Crunch x 30	Bridge x 30 Plank x 70 sec. Superman x 30 Bicycle Crunch x 30	Rest	Bridge x 35 Plank x 75 sec. Superman x 35 Bicycle Crunch x 35	Bridge x 40 Plank x 80 sec. Superman x 40 Bicycle Crunch x 40	Rest	Bridge x 40 Plank x 90 sec. Superman x 40 Bicycle Crunch x 40
Week 4	Bridge x 45 Plank x 90 sec. Superman x 45 Bicycle Crunch x 45	Bridge x 45 Plank x 90 sec. Superman x 45 Bicycle Crunch x 45	Rest	Bridge x 50 Plank x 100 sec. Superman x 50 Bicycle Crunch x 50	Bridge x 50 Plank x 110 sec. Superman x 50 Bicycle Crunch x 50	Rest	Bridge x 50 Plank x 120 sec. Superman x 50 Bicycle Crunch x 50