

PROLEAN WELLNESS

30 DAY CHALLENGE



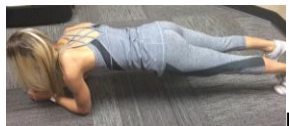
Side Crunch



Twist Crunch



Inner & Outer Leg Lift



Plank



Plank Side Dips

REMINDER: SWITCH SIDES!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5 Side Crunch _ 5 Twist Crunch _ 5 Inner & Outer Leg Lift _ Plank 10 sec _	6 Side Crunch _ 6 Twist Crunch _ 6 Inner & Outer Leg Lift _ Plank 20 sec _	7 Side Crunch _ 7 Twist Crunch _ 7 Inner & Outer Leg Lift _ Plank 30 sec _	8 Side Crunch _ 8 Twist Crunch _ 8 Inner & Outer Leg Lift _ Plank 40 sec _	9 Side Crunch _ 9 Twist Crunch _ 9 Inner & Outer Leg Lift _ Plank 50 sec _	10 Side Crunch _ 10 Twist Crunch _ 10 Inner & Outer Leg Lift _ Plank 60 sec _	Plank 1 min _ 10 Plank Forward & Back _ 10 Plank Side Dip _	
10 Side Crunch _ 10 Twist Crunch _ 10 Inner & Outer Leg Lift _ Plank 60 sec _	10 Side Crunch _ 10 Twist Crunch _ 10 Inner & Outer Leg Lift _ NO PLANK DAY!	10 Side Crunch _ 10 Twist Crunch _ 10 Inner & Outer Leg Lift _ Plank 70 sec _	10 Side Crunch _ 10 Twist Crunch _ 10 Inner & Outer Leg Lift _ Plank 75 sec _	10 Side Crunch _ 10 Twist Crunch _ 10 Inner & Outer Leg Lift _ Plank 80 sec _	10 Side Crunch _ 10 Twist Crunch _ 10 Inner & Outer Leg Lift _ Plank 85 sec _	Plank 90 sec _ 15 Plank Forward & Back _ 15 Plank Side Dip _	
HALFWAY POINT! REST DAY!	11 Side Crunch _ 11 Twist Crunch _ 11 Inner & Outer Leg Lift _ Plank 100 sec _	12 Side Crunch _ 12 Twist Crunch _ 12 Inner & Outer Leg Lift _ Plank 2 min _	13 Side Crunch _ 13 Twist Crunch _ 13 Inner & Outer Leg Lift _ Plank 2 min _	14 Side Crunch _ 14 Twist Crunch _ 14 Inner & Outer Leg Lift _ Plank 2 min _	15 Side Crunch _ 15 Twist Crunch _ 15 Inner & Outer Leg Lift _ NO PLANK DAY!	16 Side Crunch _ 16 Twist Crunch _ 16 Inner & Outer Leg Lift _ Plank 2 min _	
16 Plank Forward & Back _ 16 Side Plank Dips _	17 Side Crunch _ 17 Twist Crunch _ 17 Inner & Outer Leg Lift _ Plank 2 min. 10 sec. _	18 Side Crunch _ 18 Twist Crunch _ 18 Inner & Outer Leg Lift _ 18 Side Plank Dips _	19 Side Crunch _ 19 Twist Crunch _ 19 Inner & Outer Leg Lift _ Plank 2 min. 20 sec. _	20 Side Crunch _ 20 Twist Crunch _ 20 Inner & Outer Leg Lift _ NO PLANK DAY!	22 Side Crunch _ 22 Twist Crunch _ 22 Inner & Outer Leg Lift _ 22 Plank Side Dips _	24 Side Crunch _ 24 Twist Crunch _ 24 Inner & Outer Leg Lift _ Plank 2 min. 30 sec. _	
26 Side Crunch _ 26 Twist Crunch _ 26 Inner & Outer Leg Lift _ 26 Plank Forward & Back _	28 Side Crunch _ 28 Twist Crunch _ 28 Inner & Outer Leg Lift _ 28 Side Plank Dips _	30 Side Crunch _ 30 Twist Crunch _ 30 Inner & Outer Leg Lift _ Plank Forearm 3 min. _	DAY 30/31 COMPLETE!				