

30 Day Core Workout Calendar

DAY 1

- Crunches x 1 minute
- Mountain Climbers x 1 minute
- Side Plank x 30 seconds each
- Straight Leg Raises x 1 minute
- Ab Bikes x 1 minute

Repeat all 3 times

DAY 2

- Raised Leg Situps x 1 minute
- Legs Down Crisscross x 1 minute
- Plank x 1 minute
- Side Situps x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

DAY 3

- Straight Leg Situps x 1 minute
- Side Plank + Taps x 30 sec each
- Leg Raises + Hip Lift x 1 minute
- Toe Touches x 1 minute
- Windshield Wipers x 1 minute

Repeat all 3 times

DAY 4

- Straight Leg Jackknives x 1 minute
- Bent Leg Hip Lifts x 1 minute
- Plank with Taps x 1 minute
- Crunches x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

DAY 5

- Mountain Climbers x 1 minute
- Legs Down Crisscross x 1 minute
- Side Plank x 30 seconds each
- Ab Bikes x 1 minute
- Ankle Reaches x 1 minute

Repeat all 3 times

DAY 6

- Side Situps x 1 minute
- Straight Leg Raises x 1 minute
- Plank x 1 minute
- Pulse Ups x 1 minute
- Bent Leg Jackknives x 1 minute

Repeat all 3 times

DAY 7

- Straight Leg Situps x 1 minute
- Leg Raises + Hip Lift x 1 minute
- Side Plank + Taps x 30 sec each
- Toe Touches x 1 minute
- Bent Leg Hip Lifts x 1 minute

Repeat all 3 times

DAY 8

- Scissor Kicks x 1 minute
- Straight Leg Jackknives x 1 minute
- Plank with Taps x 1 minute
- Raised Leg Situps x 1 minute
- Windshield Wipers x 1 minute

Repeat all 3 times

DAY 9

- Pulse Ups x 1 minute
- Crunches x 1 minute
- Side Plank x 30 seconds each
- Ankle Reaches x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

30 Day Core Workout Calendar

DAY 10

- Seated Knee Tuck x 1 minute
- Ankle Reaches x 1 minute
- Plank x 1 minute
- Straight Leg Raises x 1 minute
- Ab Bikes x 1 minute

Repeat all 3 times

DAY 11

- Side Jackknives x 1 minute
- Side Situps x 1 minute
- Side Plank + Taps x 30 sec each
- Pulse Ups x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

DAY 12

- Crunches x 1 minute
- Straight Leg Raises x 1 minute
- Plank with Taps x 1 minute
- Toe Touches x 1 minute
- Windshield Wipers x 1 minute

Repeat all 3 times

DAY 13

- Mountain Climbers x 1 minute
- Pulse Ups x 1 minute
- Side Plank x 30 seconds each
- Crunches x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

DAY 14

- Ab Bikes x 1 minute
- Bent Leg Jackknives x 1 minute
- Plank x 1 minute
- Seated Knee Tuck x 1 minute
- Ankle Reaches x 1 minute

Repeat all 3 times

DAY 15

- Straight Leg Raises x 1 minute
- Straight Leg Situps x 1 minute
- Side Plank + Taps x 30 sec each
- Pulse Ups x 1 minute
- Bent Leg Jackknives x 1 minute

Repeat all 3 times

DAY 16

- Raised Leg Situps x 1 minute
- Leg Raises + Hip Lifts x 1 minute
- Plank with Taps x 1 minute
- Toe Touches x 1 minute
- Bent Leg Hip Lifts x 1 minute

Repeat all 3 times

DAY 17

- Legs Down Crisscross x 1 minute
- Toe Touches x 1 minute
- Side Plank x 30 seconds each
- Raised Leg Situps x 1 minute
- Windshield Wipers x 1 minute

Repeat all 3 times

DAY 18

- Side Situps x 1 minute
- Bent Leg Hip Lifts x 1 minute
- Plank x 1 minute
- Ankle Reaches x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

30 Day Core Workout Calendar

DAY 19

- Russian Twists x 1 minute
- Scissor Kicks x 1 minute
- Side Plank + Taps x 30 sec each
- Straight Leg Raises x 1 minute
- Ab Bikes x 1 minute

Repeat all 3 times

DAY 20

- Straight Leg Situps x 1 minute
- Straight Leg Jackknives x 1 minute
- Plank with Taps x 1 minute
- Side Situps x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

DAY 21

- Leg Raises + Hip Lift x 1 minute
- Raised Leg Situps x 1 minute
- Side Plank x 30 seconds
- Toe Touches x 1 minute
- Windshield Wipers x 1 minute

Repeat all 3 times

DAY 22

- Toe Touches x 1 minute
- Windshield Wipers x 1 minute
- Plank x 1 minute
- Crunches x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

DAY 23

- Windshield Wipers x 1 minute
- Pulse Ups x 1 minute
- Side Plank + Taps x 30 sec each
- Ab Bikes x 1 minute
- Ankle Reaches x 1 minute

Repeat all 3 times

DAY 24

- Straight Leg Jackknives x 1 minute
- Crunches x 1 minute
- Plank with Taps x 1 minute
- Pulse Ups x 1 minute
- Bent Leg Jackknives x 1 minute

Repeat all 3 times

DAY 25

- Bent Leg Hip Lifts x 1 minute
- Ankle Reaches x 1 minute
- Side Plank x 30 seconds each
- Toe Touches x 1 minute
- Bent Leg Hip Lifts x 1 minute

Repeat all 3 times

DAY 26

- Crunches x 1 minute
- Russian Twists x 1 minute
- Plank x 1 minute
- Raised Leg Situps x 1 minute
- Windshield Wipers x 1 minute

Repeat all 3 times

DAY 27

- Russian Twists x 1 minute
- Seated Knee Tuck x 1 minute
- Side Plank + Taps x 30 sec each
- Ankle Reaches x 1 minute
- Side Jackknives x 1 minute

Repeat all 3 times

30 Day Core Workout Calendar

DAY 28

- Mountain Climbers x 1 minute
- Ankle Reaches x 1 minute
- Plank with Taps x 1 minute
- Straight Leg Raises x 1 minute
- Ab Bikes x 1 minute

Repeat all 3 times

DAY 29

- Legs Down Crisscross x 1 minute
- Side Situps x 1 minute
- Side Plank x 30 seconds each
- Pulse Ups x 1 minute
- Russian Twists x 1 minute

Repeat all 3 times

DAY 30

- Ab Bikes x 1 minute
- Russian Twists x 1 minute
- Plank x 1 minute
- Toe Touches x 1 minute
- Windshield Wipers x 1 minute

Repeat all 3 times