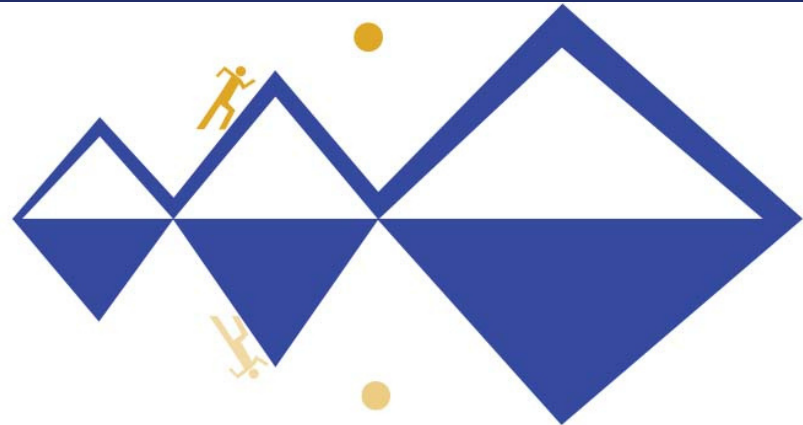


30 DAY CORE CHALLENGE

MOVE WELL, LIVE
BRAVE,
LOVE MORE FOR
LIFE!



The Movement Clinic

Tips for success:

- ALIGN: Stack ears/shoulders/hips/knees/ankles
- ACTIVATE: tighten muscles from collar bone to mid thigh
- BREATHE: Make sure you can breathe

Click <u>HERE</u>: <u>Try the Core Challenge</u>	Plank hold 10 seconds x 6 reps	Bridge hold 10 seconds x 3-6 reps	Side Plank hold 5 seconds x 3-6 reps Left/Right	Plank hold 10 seconds x 6 reps	Bridge hold 10 seconds x 3-6 reps	Side Plank hold 5 seconds x 3-6 reps Left/Right
Plank Alt Arm Raise 10 seconds x 3-6 reps	Bridge Alt March 10 seconds x 3-6 reps	Side Plank Arm Reach 10 seconds x 3-6 reps	Plank Alt Arm Raise 10 seconds x 3-6 reps	Bridge Alt March 10 seconds x 3-6 reps	Side Plank Arm Reach 10 seconds x 3-6 reps	Plank Alt Leg Raise 10 seconds x 3-6 reps
Bridge Alt March Arms 10 seconds x 3-6 reps	Side Plank Leg Raise 10 seconds x 3-6 reps	Plank Alt Leg Raise 10 seconds x 3-6 reps	Bridge Alt March Arms 10 seconds x 3-6 reps	Side Plank Leg Raise 10 seconds x 3-6 reps	Plank Opp Arm/Leg Raise 10 seconds x 3-6 reps	Bridge Alt March Out 10 seconds x 3-6 reps
Side Plank Knee In 10 seconds x 3-6 reps	Plank Opp Arm/Leg Raise 10 seconds x 3-6 reps	Bridge Alt March, Out 10 seconds x 3-6 reps	Side Plank Knee In 10 seconds x 3-6 reps	Plank Opp Arm/Leg Raise 10 seconds x 3-6 reps	Bridge Alt March, Out 10 seconds x 3-6 reps	Side Plank Knee In 10 seconds x 3-6 reps
Plank hold 10 seconds x 3-6 reps	Bridge hold 10 seconds x 3-6 reps	Side Plank hold 10 seconds x 3-6 reps Left/Right	Click <u>HERE</u>: <u>Try the Core Challenge</u>	Go to <u>www.getmovingpt.com</u> for videos of exercises!		