



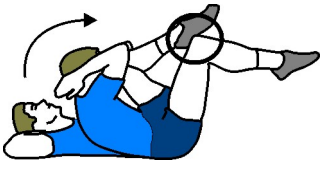

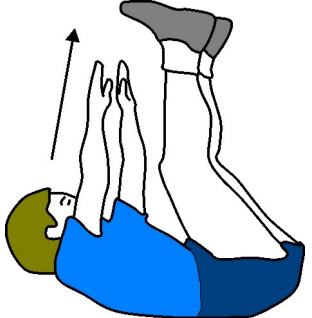
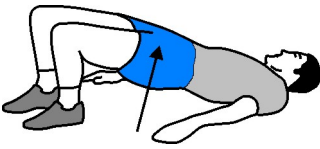
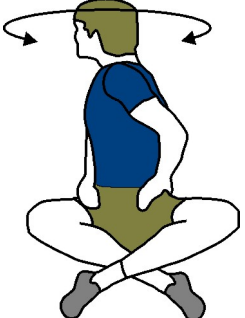


Name : 10 Min Core Challenge

Date : 12-8-2020

Program : Number 1

				Push Up side to side plank					Walking push ups from floor					Horizontal Star Jacks
Set	Rep	Tempo	Rest	Weight	Set	Rep	Tempo	Rest	Weight	Set	Rep	Tempo	Rest	Weight
X3	30sec				X3	30sec				X3	30sec			
				Horizontal Running					Bicycle Crunch					Full Roll Up
Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	weight	Set	Rep	Tempo	Rest	Weight
X3	30sec				1	1min				1	1min			
				Reach Toes					Shoulder Bridge Lift					Torso Twist Stretch
Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result
1	1min				1	1min				2	30sec			

Be creative and use equipment that you might have at home.