

DEEP CORE LEARN 8 ESSENTIAL EXERCISE CHALLENGE

**30
DAY**

Deep Core *challenge*



DAY 1 <input type="checkbox"/> 1 min jog <input type="checkbox"/> 6 Frog Curls <input type="checkbox"/> 6 Leg Raise <input type="checkbox"/> 6 Dead Bug <input type="checkbox"/> 6 Bird Dog	DAY 2 <input type="checkbox"/> 1 min march <input type="checkbox"/> 4 Figure 4 Curl <input type="checkbox"/> 4 Supine Toe Tap <input type="checkbox"/> 4 Oblique Penguins <input type="checkbox"/> 4 Knee Drops	DAY 3 <input type="checkbox"/> 1 min wide jog <input type="checkbox"/> 2 Frog Curl <input type="checkbox"/> 2 Leg Raise <input type="checkbox"/> 2 Dead Bug <input type="checkbox"/> 2 Knee Drops	DAY 4 <input type="checkbox"/> 1 min skip <input type="checkbox"/> 2 Figure 4 Curl <input type="checkbox"/> 2 Supine Toe Tap <input type="checkbox"/> 2 Oblique Penguins <input type="checkbox"/> 2 Knee Drops	DAY 5 <input type="checkbox"/> 1 min hop circles <input type="checkbox"/> 2 Frog Curls <input type="checkbox"/> 2 Figure 4 Curls <input type="checkbox"/> 2 Leg Raise <input type="checkbox"/> 2 Oblique Penguins
DAY 6 <input type="checkbox"/> 1 min step jacks <input type="checkbox"/> 6 Frog Curls <input type="checkbox"/> 6 Leg Raise <input type="checkbox"/> 6 Dead Bug <input type="checkbox"/> 6 Bird Dog	DAY 7 <input type="checkbox"/> 1 min skaters <input type="checkbox"/> 6 Frog Curls <input type="checkbox"/> 6 Figure 4 Curl <input type="checkbox"/> 6 Leg Raise <input type="checkbox"/> 6 Oblique Penguins	DAY 8 <input type="checkbox"/> 1 min butt kicks <input type="checkbox"/> 6 Figure 4 Curl <input type="checkbox"/> 6 Supine Toe Tap <input type="checkbox"/> 6 Oblique Penguins <input type="checkbox"/> 6 Knee Drops	DAY 9 <input type="checkbox"/> 1 min heel taps <input type="checkbox"/> 6 Frog Curls <input type="checkbox"/> 6 Leg Raise <input type="checkbox"/> 6 Dead Bug <input type="checkbox"/> 6 Bird Dog	DAY 10 <input type="checkbox"/> 1 min arm swings <input type="checkbox"/> 6 Figure 4 Curl <input type="checkbox"/> 6 Leg Raise <input type="checkbox"/> 6 Oblique Penguins <input type="checkbox"/> 6 Knee Drops
DAY 11 <input type="checkbox"/> 1 min toe taps <input type="checkbox"/> 9 Supine Toe Tap <input type="checkbox"/> 9 Leg Raise <input type="checkbox"/> 9 Knee Drops <input type="checkbox"/> 9 Bird Dog	DAY 12 <input type="checkbox"/> 1 min slow squat <input type="checkbox"/> 9 Frog Curls <input type="checkbox"/> 9 Figure 4 Curl <input type="checkbox"/> 9 Leg Raise <input type="checkbox"/> 9 Oblique Penguins	DAY 13 <input type="checkbox"/> 1 min toe touch <input type="checkbox"/> 10 Frog Curl <input type="checkbox"/> 10 Leg Raise <input type="checkbox"/> 10 Dead Bug <input type="checkbox"/> 10 Bird Dog	DAY 14 <input type="checkbox"/> 1 min core twist <input type="checkbox"/> 10 Figure 4 Curl <input type="checkbox"/> 10 Supine Toe Tap <input type="checkbox"/> 10 Oblique Penguins <input type="checkbox"/> 10 Knee Drops	DAY 15 <input type="checkbox"/> 1 min jumping jack <input type="checkbox"/> 10 Knee Drops <input type="checkbox"/> 10 Bird Dog <input type="checkbox"/> 10 Oblique Penguins <input type="checkbox"/> 10 Dead Bug
DAY 16 <input type="checkbox"/> 1 min wide squat <input type="checkbox"/> 10 Supine Toe Tap <input type="checkbox"/> 10 Leg Raise <input type="checkbox"/> 10 Figure 4 Curl <input type="checkbox"/> 10 Frog Curl	DAY 17 <input type="checkbox"/> 1 min calf raises <input type="checkbox"/> 10 Frog Curl <input type="checkbox"/> 10 Leg Raise <input type="checkbox"/> 10 Dead Bug <input type="checkbox"/> 10 Bird Dog	DAY 18 <input type="checkbox"/> 1 min pile squat <input type="checkbox"/> 10 Figure 4 Curl <input type="checkbox"/> 10 Supine Toe Tap <input type="checkbox"/> 10 Oblique Penguins <input type="checkbox"/> 10 Knee Drops	DAY 19 <input type="checkbox"/> 1 min arm circles <input type="checkbox"/> 10 Knee Drops <input type="checkbox"/> 10 Oblique Penguins <input type="checkbox"/> 10 Bird Dog <input type="checkbox"/> 1 min Dead Bug	DAY 20 <input type="checkbox"/> 1 min leg swings <input type="checkbox"/> 10 Supine Toe Tap <input type="checkbox"/> 10 Figure 4 Curl <input type="checkbox"/> 10 Bird Dog <input type="checkbox"/> 1 min Frog Curl
DAY 21 <input type="checkbox"/> 1 min lunge forward <input type="checkbox"/> 12 Frog Curl <input type="checkbox"/> 12 Leg Raise <input type="checkbox"/> 12 Dead Bug <input type="checkbox"/> 12 Bird Dog	DAY 22 <input type="checkbox"/> 1 min slow front squat <input type="checkbox"/> 12 Figure 4 Curl <input type="checkbox"/> 12 Supine Toe Tap <input type="checkbox"/> 12 Oblique Penguins <input type="checkbox"/> 12 Bird Dog	DAY 23 <input type="checkbox"/> 1 min arm punches <input type="checkbox"/> 12 Figure 4 Curl <input type="checkbox"/> 12 Supine Toe Tap <input type="checkbox"/> 12 Oblique Penguins <input type="checkbox"/> 12 Frog Curl	DAY 24 <input type="checkbox"/> 1 min curtsy lunges <input type="checkbox"/> 12 Leg Raise <input type="checkbox"/> 12 Dead Bug <input type="checkbox"/> 12 Bird Dog <input type="checkbox"/> 12 Knee Drops	DAY 25 <input type="checkbox"/> 1 min sun salutation arms <input type="checkbox"/> 12 Frog Curl <input type="checkbox"/> 12 Leg Raise <input type="checkbox"/> 12 Dead Bug <input type="checkbox"/> 12 Bird Dog

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