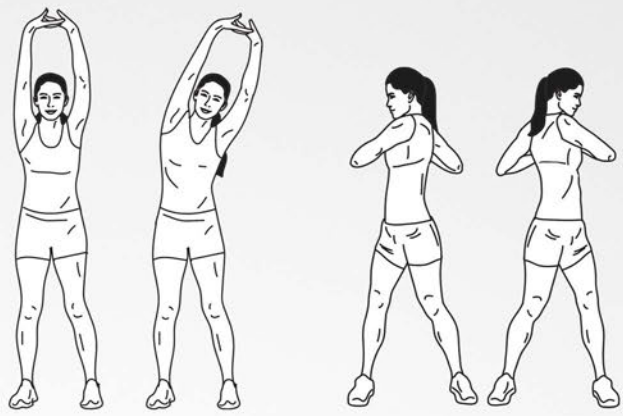


# EASY CORE

— 30-DAY CHALLENGE —



@ darebee.com

1	8 side bends 4 twists <b>3 sets</b>   no rest	2	30 side bends in total throughout the day	3	8 side bends 4 twists <b>3 sets</b>   no rest	4	30 side bends in total throughout the day	5	10 side bends 4 twists <b>3 sets</b>   no rest
6	40 side bends in total throughout the day	7	10 side bends 4 twists <b>3 sets</b>   no rest	8	40 side bends in total throughout the day	9	12 side bends 4 twists <b>3 sets</b>   no rest	10	50 side bends in total throughout the day
11	12 side bends 4 twists <b>3 sets</b>   no rest	12	50 side bends in total throughout the day	13	14 side bends 4 twists <b>3 sets</b>   no rest	14	60 side bends in total throughout the day	15	14 side bends 4 twists <b>3 sets</b>   no rest
16	60 side bends in total throughout the day	17	16 side bends 4 twists <b>3 sets</b>   no rest	18	70 side bends in total throughout the day	19	16 side bends 4 twists <b>3 sets</b>   no rest	20	70 side bends in total throughout the day
21	18 side bends 4 twists <b>3 sets</b>   no rest	22	80 side bends in total throughout the day	23	18 side bends 4 twists <b>3 sets</b>   no rest	24	80 side bends in total throughout the day	25	20 side bends 4 twists <b>3 sets</b>   no rest
26	90 side bends in total throughout the day	27	20 side bends 4 twists <b>3 sets</b>   no rest	28	90 side bends in total throughout the day	29	22 side bends 4 twists <b>3 sets</b>   no rest	30	100 side bends in total throughout the day