Strengthening your core and glutes can improve your posture. It can also make sitting, standing, picking up heavy objects and climbing stairs easier. Stronger glutes can also improve athletic performance and decrease your risk for injuries.

### GUT & GLUTES CHALLENGE

**30-DAY**

**Day 1**  
30 SEC PLANK | 15 SQUATS

**Day 2**  
40 SEC PLANK | 20 SQUATS

**Day 3**  
50 SEC PLANK | 25 SQUATS

**Day 4**  
1 MIN PLANK | 30 SQUATS

**Day 5**  
REST

**Day 6**  
25 BICYCLE CRUNCHES | 15 LUNGES/LEG

**Day 7**  
30 BICYCLE CRUNCHES | 20 LUNGES/LEG

**Day 8**  
35 BICYCLE CRUNCHES | 25 LUNGES/LEG

**Day 9**  
40 BICYCLE CRUNCHES | 30 LUNGES/LEG

**Day 10**  
REST

**Day 11**  
30 CRUNCHES | 35 SQUATS

**Day 12**  
35 CRUNCHES | 40 SQUATS

**Day 13**  
40 CRUNCHES | 45 SQUATS

**Day 14**  
45 CRUNCHES | 50 SQUATS

**Day 15**  
50 CRUNCHES | 55 SQUATS

**Day 16**  
REST

**Day 17**  
30 SITUPS | 20 QUADRUPED LEG EXT.

**Day 18**  
35 SITUPS | 25 QUADRUPED LEG EXT.

**Day 19**  
40 SITUPS | 30 QUADRUPED LEG EXT.

**Day 20**  
45 SITUPS | 35 QUADRUPED LEG EXT.

**Day 21**  
50 SITUPS | 40 QUADRUPED LEG EXT.

**Day 22**  
REST

**Day 23**  
1 MIN PLANK | 50 SQUATS

**Day 24**  
90 SEC PLANK | 50 SQUATS

**Day 25**  
100 SEC PLANK | 50 SQUATS

**Day 26**  
2 MIN PLANK | 50 SQUATS

**Day 27**  
2 MIN PLANK | 50 SQUATS

**Day 28**  
REST

**Day 29**  
1 MIN PLANK | 50 CRUNCHES  
50 SQUATS | 25 QUADRUPED LEG EXT.

**Day 30**  
2 MIN PLANK | 50 CRUNCHES  
50 SQUATS | 50 QUADRUPED LEG EXT.