

September Core Challenge: Advanced

Join us every day in September for a core challenge! Each week the challenge changes. Please complete the exercises at your own pace and adapt if needed. Do what you feel comfortable doing. Do what you feel comfortable doing. Center for Health & Fitness Personal Trainers have created instructional videos on how to perform a [plank](#), [crunches](#), [leg lifts](#), [Russian twists](#) and [supermans](#).



A Beach Cities Health District Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Plank (knees/modified or regular) for 25 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans	2 Plank (knees/modified or regular) for 25 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans	3 Plank (knees/modified or regular) for 25 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans	4 Plank (knees/modified or regular) for 25 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans	5 Plank (knees/modified or regular) for 25 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans
6 Plank (knees/modified or regular) for 35 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans	7 Plank (knees/modified or regular) for 35 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans	8 Plank (knees/modified or regular) for 35 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans	9 Plank (knees/modified or regular) for 35 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans	10 Plank (knees/modified or regular) for 35 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans	11 Plank (knees/modified or regular) for 35 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans	12 Plank (knees/modified or regular) for 35 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans
13 Plank (knees/modified or regular) for 45 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans	14 Plank (knees/modified or regular) for 45 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans	15 Plank (knees/modified or regular) for 45 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans	16 Plank (knees/modified or regular) for 45 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans	17 Plank (knees/modified or regular) for 45 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans	18 Plank (knees/modified or regular) for 45 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans	19 Plank (knees/modified or regular) for 45 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans
20 Plank (knees/modified or regular) for 55 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans	21 Plank (knees/modified or regular) for 55 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans	22 Plank (knees/modified or regular) for 55 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans	23 Plank (knees/modified or regular) for 55 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans	24 Plank (knees/modified or regular) for 55 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans	25 Plank (knees/modified or regular) for 55 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans	26 Plank (knees/modified or regular) for 55 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans
27 Plank (knees/modified or regular) for 65 seconds 35 Crunches 35 Leg Lifts (single or double) 35 Russian Twists 35 Supermans	28 Plank (knees/modified or regular) for 65 seconds 35 Crunches 35 Leg Lifts (single or double) 35 Russian Twists 35 Supermans	29 Plank (knees/modified or regular) for 65 seconds 35 Crunches 35 Leg Lifts (single or double) 35 Russian Twists 35 Supermans	30 Plank (knees/modified or regular) for 65 seconds 35 Crunches 35 Leg Lifts (single or double) 35 Russian Twists 35 Supermans			