

# September Core Challenge: Beginner

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](#).



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