

September Core Challenge: Intermediate

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 20 seconds 10 Crunches 10 Leg Lifts (single or double) 10 Russian Twists 10 Supermans | 2 Plank (knees/modified or regular) for 20 seconds 10 Crunches 10 Leg Lifts (single or double) 10 Russian Twists 10 Supermans | 3 Plank (knees/modified or regular) for 20 seconds 10 Crunches 10 Leg Lifts (single or double) 10 Russian Twists 10 Supermans | 4 Plank (knees/modified or regular) for 20 seconds 10 Crunches 10 Leg Lifts (single or double) 10 Russian Twists 10 Supermans | 5 Plank (knees/modified or regular) for 20 seconds 10 Crunches 10 Leg Lifts (single or double) 10 Russian Twists 10 Supermans |
| 6 Plank (knees/modified or regular) for 30 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans | 7 Plank (knees/modified or regular) for 30 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans | 8 Plank (knees/modified or regular) for 30 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans | 9 Plank (knees/modified or regular) for 30 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans | 10 Plank (knees/modified or regular) for 30 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans | 11 Plank (knees/modified or regular) for 30 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans | 12 Plank (knees/modified or regular) for 30 seconds 15 Crunches 15 Leg Lifts (single or double) 15 Russian Twists 15 Supermans |
| 13 Plank (knees/modified or regular) for 40 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans | 14 Plank (knees/modified or regular) for 40 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans | 15 Plank (knees/modified or regular) for 40 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans | 16 Plank (knees/modified or regular) for 40 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans | 17 Plank (knees/modified or regular) for 40 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans | 18 Plank (knees/modified or regular) for 40 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans | 19 Plank (knees/modified or regular) for 40 seconds 20 Crunches 20 Leg Lifts (single or double) 20 Russian Twists 20 Supermans |
| 20 Plank (knees/modified or regular) for 50 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans | 21 Plank (knees/modified or regular) for 50 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans | 22 Plank (knees/modified or regular) for 50 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans | 23 Plank (knees/modified or regular) for 50 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans | 24 Plank (knees/modified or regular) for 50 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans | 25 Plank (knees/modified or regular) for 50 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans | 26 Plank (knees/modified or regular) for 50 seconds 25 Crunches 25 Leg Lifts (single or double) 25 Russian Twists 25 Supermans |
| 27 Plank (knees/modified or regular) for 60 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans | 28 Plank (knees/modified or regular) for 60 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans | 29 Plank (knees/modified or regular) for 60 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans | 30 Plank (knees/modified or regular) for 60 seconds 30 Crunches 30 Leg Lifts (single or double) 30 Russian Twists 30 Supermans | | | |