

# Re: Center

**IN 30 DAYS**



**CHALLENGE**

© darebee.com

1 20 side leg raises 30sec rest 3 sets	2 20sec plank hold 20sec rest 3 sets + 1min stretch hold	3 20 side leg raises 30sec rest 3 sets	4 20sec plank hold 20sec rest 3 sets + 1min stretch hold	5 24 side leg raises 30sec rest 3 sets
6 20sec plank hold 20sec rest 3 sets + 1min stretch hold	7 24 side leg raises 30sec rest 3 sets	8 20sec plank hold 20sec rest 3 sets + 1min stretch hold	9 28 side leg raises 30sec rest 3 sets	10 20sec plank hold 20sec rest 3 sets + 1min stretch hold
11 28 side leg raises 30sec rest 3 sets	12 20sec plank hold 20sec rest 3 sets + 1min stretch hold	13 32 side leg raises 30sec rest 3 sets	14 20sec plank hold 20sec rest 3 sets + 1min stretch hold	15 32 side leg raises 30sec rest 3 sets
16 20sec plank hold 20sec rest 3 sets + 1min stretch hold	17 36 side leg raises 30sec rest 3 sets	18 20sec plank hold 20sec rest 3 sets + 1min stretch hold	19 36 side leg raises 30sec rest 3 sets	20 20sec plank hold 20sec rest 3 sets + 1min stretch hold
21 40 side leg raises 30sec rest 3 sets	22 20sec plank hold 20sec rest 3 sets + 1min stretch hold	23 40 side leg raises 30sec rest 3 sets	24 20sec plank hold 20sec rest 3 sets + 1min stretch hold	25 44 side leg raises 30sec rest 3 sets
26 20sec plank hold 20sec rest 3 sets + 1min stretch hold	27 44 side leg raises 30sec rest 3 sets	28 20sec plank hold 20sec rest 3 sets + 1min stretch hold	29 50 side leg raises 30sec rest 3 sets	30 20sec plank hold 20sec rest 3 sets + 1min stretch hold