

Gabby Miller's October Complete Core Challenge

Email: gabbymillerfitness@gmail.com Website: gabbymillerfitness.wixsite.com/fitness Google: Gabby Miller Fitness

1. Every movement is to be completed for **45 seconds**
 - For movements that have two sides- switch directions at the half way mark
 - Optional: weights can be added to the movements indicated with a “ * ”
2. Short Video Clips of every movement can be found on my website!
3. The challenge must be completed in its ENTIRETY in order to receive the prize listed below
 - **PRIZE: \$15 Personal Training Gift Card** to use for yourself or a friend/family member

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Day 1: *Toe Touch Crunch	Day 2: *Russian Twists	Day 3: *Jackknife	Day 4: In/Outs	Day 5: Bicycle	Day 6: REST DAY	Day 7: Heel Touches
Day 8: Pretzel Crunch	Day 9: Lay on side- Full Crunches	Day 10: Side Plank Hip Touches	Day 11: On back- Side Crunches	Day 12: REST DAY	Day 13: Up/Down Elbow to Hand Plank	Day 14: Elbow Plank Leg Swings
Day 15: Hand Plank Shoulder Taps	Day 16: Elbow Plank Opp. Arm/Leg Raise	Day 17: Hand Plank knee to both elbows	Day 18: REST DAY	Day 19: Standing *Side Bend	Day 20: Standing Opposite Knee to Elbow Crunch	Day 21: Standing *Overhead Side Bend
Day 22: Standing Same Knee to Elbow Crunch	Day 23: Standing *Torso Twist	Day 24: REST DAY	Day 25: Glute Bridge	Day 26: Superman	Day 27: Hand Plank Jacks	Day 28: Superman Bent Knee Leg Raise
Day 29: Mountain Climbers	Day 30: REST DAY	Day 31: Forearm Plank				