

July's Core Challenge

Group Created by:

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Here is to making the most of July and YOU proving to YOURSELF that you can take on and ACCOMPLISH a challenge!! Don't quit -- you'll regret it! Think about that feeling on July 31st when you can think back on each day and be proud you followed through each and every day!

There are a LOT of core exercises on some days. Don't get booged down or frustrated.

Here are some tips for finishing each day strong:

1. Break up the core exercises: do $\frac{1}{3}$ of the day's core exercises in the morning, $\frac{1}{3}$ of the day's core exercises @ lunch (hey, even grab some coworkers), and $\frac{1}{3}$ at night before dinner.
2. Complete on commercial breaks during your favorite shows (why just sit on the couch when those silly commercials are airing?!)

Here are some tips for staying accountable to the daily core exercises, getting daily motivation from me and others, and having a sense of community as you complete this challenge:

1. Plug into my private facebook group for my clients! Message me @ btyfitnessandnutrition@gmail.com to get added into the group!

For more info on workouts, recipes, or nutrition info, visit @ www.betterthanyesterdayfitness.blogspot.org

And HERE GOES....

Day 0 Homework = June 30th

****Take before picture;** email it to me @ btyfitnessandnutrition@gmail.com

****Take before measurements;** not sure how? Check out:

<http://www.teambeachbody.com/showcase/-/bcp/85189103001/1?referringRepId=206215>; email measurements to me @ btyfitnessandnutrition@gmail.com

****Watch how-to videos**

1. How to do plank: <https://www.youtube.com/watch?v=dz0oFaVGuh4>
2. How to do leg raises: <https://www.youtube.com/watch?v=JB2oyawG9KI>
3. How to do sit ups: https://www.youtube.com/watch?v=1fbU_MkV7NE

Day 1 = July 1 = 10s plank, 5 leg raises, 15 sit ups

Day 2 = July 2 = 12s plank, 8 leg raises, 20 sit ups

Day 3 = July 3 = 15s plank, 10 leg raises, 25 sit ups
Day 4 = July 4 = REST DAY; Happy 4th!
Day 5 = July 5 = 20s plank, 12 leg raises, 30 sit ups
Day 6 = July 6 = 25s plank, 12 leg raises, 30 sit ups
Day 7 = July 7 = 30s plank, 20 raises, 40 sit ups
Day 8 = July 8 = REST DAY!
Day 9 = July 9 = 38s plank, 30 raises, 45 sit ups
Day 10 = July 10 = 38s plank, 30 raises, 50 sit ups
Day 11 = July 11 = 42s plank, 33 raises, 55 sit ups
Day 12 = July 12 = 30s plank, 25 raises, 40 sit ups
Day 13 = July 13 = Rest Day
Day 14 = July 14 = 40s plank, 30 raises, 30 sit ups
Day 15 = July 15 = 45s plank, 35 raises, 35 sit ups
Day 16 = July 16 = 45s plank, 40 raises, 40 sit ups
Day 17 = July 17 = 50s plank, 45 raises, 45 sit ups
Day 18 = July 18 = Rest
Day 19 = July 19 = 60s plank, 50 raises, 50 sit ups
Day 20 = July 20 = 70s plank, 55 raises, 55 sit ups
Day 21 = July 21 = 70s plank, 60 raises, 60 sit ups
Day 22 = July 22 = 80s plank, 65 raises, 65 sit ups
Day 23 = Jul 23 = 80s plank, 70 raises, 70 sit ups
Day 24 = July 24 = 90s plank, 75 raises, 75 sit ups
Day 25 = July 25 = Rest
Day 26 = July 26 = 100s plank, 80 raises, 80 sit ups
Day 27 = July 27 = 100s plank, 85 raises, 85 sit ups
Day 28 = July 28 = 110s plank, 90 raises, 90 sit ups
Day 29 = July 29 = Rest
Day 30 = July 30 = 115s plank, 95 raises, 95 sit ups
Day 31 = July 31 = 120s plank, 100 raises, 100 sit ups

AND

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