



MESSA
Wellness

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30-DAY CHALLENGE

CORE

REPEAT DAILY

- Basic crunch
- Bicycle crunch
- Knee to elbow plank
- Static plank
- Back extension
- Leg raise

FOR THIS MANY REPS

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|--------|-----|--------------------------|
| Week 1 | >>> | 20 reps, 30-second plank |
| Week 2 | >>> | 25 reps, 45-second plank |
| Week 3 | >>> | 30 reps, 60-second plank |
| Week 4 | >>> | 40 reps, 75-second plank |

