

# 30 DAYS STABILISE YOUR CORE

## □ DAY 1

4 sets:  
Plank: 30 seconds.  
Russian Twists: 10 reps (each side).  
Dead Bug: 8 reps (each side).

## □ DAY 3

4 sets:  
Bicycle Crunches: 12 reps (each side).  
Superman Hold: 30 seconds.  
Knees to Elbow or kipping knee raises: 6 reps

## □ DAY 5

4 sets:  
Side Plank: 30 seconds (each side).  
Toes to Bar (scale to knees to chest if needed): 4 reps.  
Sandbag Bear Hug hold 45 seconds

## □ DAY 7

4 sets:  
Plank Shoulder Taps: 12 reps (each side).  
Russian Twists with Medicine Ball: 10 reps (each side).  
KB Side bends: 10 reps (each side).

## □ DAY 9

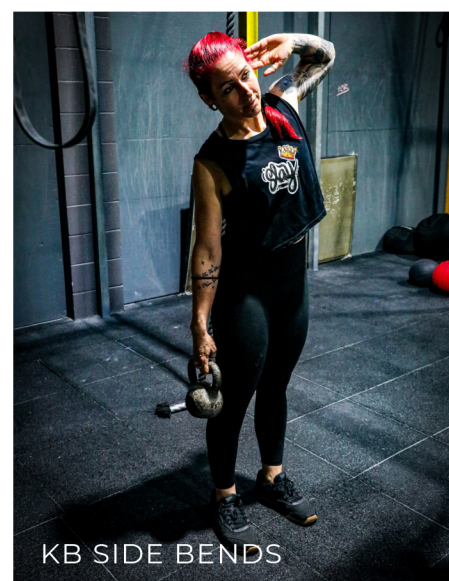
4 sets:  
Plank on swiss Ball: 30 seconds.  
Russian Twists with Medicine Ball Slams: 12 reps (each side).  
GHD Sit-ups: 15 reps.

## □ DAY 11

4 sets:  
Side Plank Hip Taps: 15 reps (each side).  
AB Rolls on knees: 8 reps.  
Toes to Bar (scale to knees to chest if needed): 6 reps.



DEADBUGS



KB SIDE BENDS

# STABILISE

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### DAY 12

4 sets:  
Hollow Hold: 30 seconds.  
KB Side Bends: 15 reps each side.  
GHD Back extensions: 15 reps

### DAY 15

4 sets:  
Chinese Plank: 45 seconds  
Weighted sit-ups: 20 reps  
Ab Rolls on knees: 9 reps.

### DAY 18

4 sets:  
Hollow Rocks: 30 seconds.  
KB Front Rack Hold: 60 seconds  
Strict T2B or knee raises: 8 reps

### DAY 21

4 sets:  
Side Plank: 40 seconds (each side).  
Toes to Bar (scale to knees to chest if needed): 10 reps.  
Sandbag Bear Hug hold 60 seconds

### DAY 23

4 sets:  
Weighted Plank: 45 seconds.  
Russian Twists with Medicine Ball Slams: 12  
reps (each side).  
GHD Sit-ups: 15 reps.

### DAY 25

4 sets:  
Hollow Hold: 30 seconds.  
KB Side Bends: 15 reps each side.  
GHD Back extensions: 15 reps

### DAY 27

4 sets:  
Chinese Plank: 60 seconds  
Weighted sit-ups: 20 reps  
Ab Rolls on knees: 10 reps.

### DAY 30

4 sets:  
Side Plank Hip Taps: 20 reps (each side)  
Starfish: 15 reps.  
Toes to Bar (scale to knees to chest if needed): 12 reps.

