

HONEY WE'RE HEALTHY

30-DAY FITNESS CHALLENGE

#HWHFitnessChallenge

20 MINUTE "HARDCORE" WORKOUT

This is a workout designed to focus on your core. Remember - to work your core you don't always need to do crunches and ab exercises. If you practice engaging your core the whole time - you will work your core even more!

**If you have Diastasic Recti - check out [Cari's blog](#) for safe exercises.*

Overview: This is a heavier weight workout with cardio and progressively harder core intervals mixed in. If you have time - do each set twice!

Equipment: 2 heavier dumbbells, a mat and water

**Warmup for 5 minutes first*

15-20 Plyometric Pushups (*do a regular pushup but try to clap hands or release your hands from your mat. You can also do these on your knees*)

Jumping Jacks 45 seconds

Core: 20 Alternating Birddogs + 20 Superman

12-15 Single Arm Shoulder Presses on Each Arm (*try to hold 2 weights in your hand or 1 heavy weight*)

20 Squats with Core Twist (*hands behind head, squat then as you stand bring opposite knee across your body towards opposite shoulder keeping abs tight*)

Core: 20 Alternating Standing Side Bends

20 Alternating Forward Lunges With Core Twist (*hold 1 heavy weight or 2 at your chest and as you lunge forward to the right, do a core twist to the right*)

60 Seconds High Knees (*or march in place*)

Core: 20 Russian Twists (hold weight at chest) + 20 Sets Running V-Sit

12 Tricep Pushup with Alternating Plank Row

45 Seconds High Knees (*or march in place*)

Core: 20 Weighted V-Ups (*start on back with feet in the air, reach weight to your toes then as you extend your arms back overhead, lower your feet towards the ground being careful not to arch your back*)

Extra Core: 60 second forearm plank then 60 seconds high plank