

31-Day Walking & Core Challenge



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core
Day 29	Day 30	Day 31	Explore the Core Bonus Challenge			
<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core <input type="checkbox"/> Walking	<input type="checkbox"/> Core	Week 1 Abs: Hollow hold	Week 2 Back: Superman	Week 3 Glutes: Wall sit	Week 4 Inner thighs: Side lying leg lifts