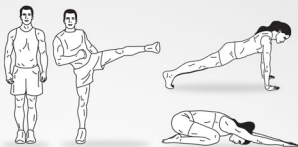


# Re: Center



— 30-DAY CHALLENGE —

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1 20 side leg raises 3 sets   30sec rest	2 30sec plank hold 3 sets   30sec rest + 1min stretch hold	3 20 side leg raises 3 sets   30sec rest	4 30sec plank hold 3 sets   30sec rest + 1min stretch hold	5 24 side leg raises 3 sets   30sec rest
6 30sec plank hold 3 sets   30sec rest + 1min stretch hold	7 24 side leg raises 3 sets   30sec rest	8 30sec plank hold 3 sets   30sec rest + 1min stretch hold	9 28 side leg raises 3 sets   30sec rest	10 30sec plank hold 3 sets   30sec rest + 1min stretch hold
11 28 side leg raises 3 sets   30sec rest	12 30sec plank hold 3 sets   30sec rest + 1min stretch hold	13 32 side leg raises 3 sets   30sec rest	14 30sec plank hold 3 sets   30sec rest + 1min stretch hold	15 32 side leg raises 3 sets   30sec rest
16 30sec plank hold 3 sets   30sec rest + 1min stretch hold	17 36 side leg raises 3 sets   30sec rest	18 30sec plank hold 3 sets   30sec rest + 1min stretch hold	19 36 side leg raises 3 sets   30sec rest	20 30sec plank hold 3 sets   30sec rest + 1min stretch hold
21 40 side leg raises 3 sets   30sec rest	22 30sec plank hold 3 sets   30sec rest + 1min stretch hold	23 40 side leg raises 3 sets   30sec rest	24 30sec plank hold 3 sets   30sec rest + 1min stretch hold	25 44 side leg raises 3 sets   30sec rest
26 30sec plank hold 3 sets   30sec rest + 1min stretch hold	27 44 side leg raises 3 sets   30sec rest	28 30sec plank hold 3 sets   30sec rest + 1min stretch hold	29 50 side leg raises 3 sets   30sec rest	30 30sec plank hold 3 sets   30sec rest + 1min stretch hold