



JUNECORE

EVOLUTIONCHALLENGE

CORESTABILITY

RELENTLESS**REBEL**EVOLUTION.COM
#JUNECOREEEVOLUTIONCHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		PLANK BIRD DOG STABILITY BALL MARCHES		BALL BRIDGE BALL COBRA STABILITY BALL MARCHES		PLANK BIRD DOG STABILITY BALL MARCHES
6	7	8	9	10	11	12
BALL BRIDGE BALL COBRA STABILITY BALL MARCHES		PLANK BIRD DOG STABILITY BALL MARCHES		BALL BRIDGE BALL COBRA STABILITY BALL MARCHES		PLANK BIRD DOG STABILITY BALL MARCHES
13	14	15	16	17	18	19
FLOOR BRIDGE PLANK FLOOR PRONE COBRA		PLANK BIRD DOG STABILITY BALL MARCHES	FLOOR BRIDGE PLANK FLOOR PRONE COBRA STABILITY BALL MARCHES			PLANK BIRD DOG STABILITY BALL MARCHES FLOOR PRONE COBRA
20	21	22	23	24	25	26
FLOOR BRIDGE PLANK FLOOR PRONE COBRA STABILITY BALL MARCHES	BALL BRIDGE BALL COBRA STABILITY BALL MARCHES		PLANK SIDE PLANK BIRD DOG FLOOR BRIDGE			BALL BRIDGE BALL COBRA STABILITY BALL MARCHES STABILITY BALL SQUATS
27	28	29	30			
	BALL BRIDGE BALL COBRA STABILITY BALL MARCHES STABILITY BALL SQUATS		BALL BRIDGE BALL COBRA STABILITY BALL MARCHES STABILITY BALL SQUATS			

INSTRUCTIONS

WEEK 1 - 2

BEGINNINER

2 SETS OF 15-30 SECONDS PER EXERCISE

INTERMEDIATE

3 SETS OF 30 - 45 SECONDS PER EXERCISE

ADVANCED

3 SETS OF 45 - 60 SECONDS PER EXERCISE

WEEK 3 - 5

BEGINNINER

3 SETS OF 15-30 SECONDS PER EXERCISE

INTERMEDIATE

4 SETS OF 30 - 45 SECONDS PER EXERCISE

ADVANCED

4-5 SETS OF 45 - 60 SECONDS PER EXERCISE

FOLLOW @RELENTLESS_REBEL_RIA ON INSTAGRAM FOR HOW-TO VIDEOS & DAILY CHECK INS!