

# 30 day standing obliques workout challenge



DAY 1 TWISTS 5	DAY 2 TWISTS 6	DAY 3 TWISTS 7	DAY 4 TWISTS 8	DAY 5 TWISTS 9
DAY 6 TWISTS 10	DAY 7 REST	DAY 8 TWISTS 10 SIDE CRUNCHES 5	DAY 9 TWISTS 10 SIDE CRUNCHES 6	DAY 10 TWISTS 10 SIDE CRUNCHES 7
DAY 11 TWISTS 10 SIDE CRUNCHES 8	DAY 12 TWISTS 10 SIDE CRUNCHES 9	DAY 13 TWISTS 10 SIDE CRUNCHES 10	DAY 14 REST	DAY 15 TWISTS 10 SIDE CRUNCHES 10 WOODCHOP 5
DAY 16 TWISTS 10 SIDE CRUNCHES 10 WOODCHOP 6	DAY 17 TWISTS 10 SIDE CRUNCHES 10 WOODCHOP 7	DAY 18 TWISTS 10 SIDE CRUNCHES 10 WOODCHOP 8	DAY 19 TWISTS 10 SIDE CRUNCHES 10 WOODCHOP 9	DAY 20 TWISTS 10 SIDE CRUNCHES 10 WOODCHOP 10
DAY 21 REST	DAY 22 TWISTS 11 SIDE CRUNCHES 11 WOODCHOP 11	DAY 23 TWISTS 12 SIDE CRUNCHES 12 WOODCHOP 12	DAY 24 TWISTS 13 SIDE CRUNCHES 13 WOODCHOP 13	DAY 25 TWISTS 14 SIDE CRUNCHES 14 WOODCHOP 14
DAY 26 TWISTS 15 SIDE CRUNCHES 15 WOODCHOP 15	DAY 27 REST	DAY 28 TWISTS 20 SIDE CRUNCHES 15 WOODCHOP 15	DAY 29 TWISTS 20 SIDE CRUNCHES 20 WOODCHOP 15	DAY 30 TWISTS 20 SIDE CRUNCHES 20 WOODCHOP 20

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