

# ASSKICKER FITNESS CHALLENGE

# SEPT. 2022

We specialize in gym tanks, graphic tees and casual wear with empowering messages for women—designed to fit all body types.

[www.asskickeractivewear.com](http://www.asskickeractivewear.com)



**ASSKICKER ACTIVEWEAR**  
Work hard. Play hard. Kick ass.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Sore today</i> <b>STRONG TOMORROW</b></p>		<p><b>Why is core strength important?</b> Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.</p>		<p><b>1</b> 20 Second Plank 20 Leg Lifts 20 Reverse Crunches</p>	<p><b>2</b> 20 Reverse Crunches 20 Russian Twists 20 Bird Dog Crunches</p>	<p><b>3</b> 25 Second Plank 25 Leg Lifts x2 25 Sit Ups</p>
		<p><b>4</b> <i>REST DAY!</i></p>	<p><b>5</b> 25 Reverse Crunches 25 Russian Twists x2 25 Bird Dog Crunches</p>	<p><b>6</b> 30 Second Plank 30 Leg Lifts 30 Reverse Crunches</p>	<p><b>7</b> 20 Second Plank x2 20 Russian Twists 20 Bird Dog Crunches</p>	<p><b>8</b> 35 Second Plank 25 Leg Lifts x2 35 Sit Ups</p>
<p><b>11</b> 40 Second Plank 35 Leg Lifts 20 Reverse Crunches x2</p>	<p><b>12</b> 35 Reverse Crunches 45 Russian Twists 35 Bird Dog Crunches</p>	<p><b>13</b> <i>REST DAY!</i></p>	<p><b>14</b> 45 Second Plank 25 Leg Lifts x2 30 Sit Ups</p>	<p><b>15</b> 20 Reverse Crunches x2 20 Russian Twists x2 20 Bird Dog Crunches x2</p>	<p><b>16</b> 30 Second Plank x2 50 Leg Lifts 40 Reverse Crunches</p>	<p><b>13</b> <i>REST DAY!</i></p>
<p><b>18</b> 40 Reverse Crunches 40 Russian Twists 40 Bird Dog Crunches</p>	<p><b>19</b> <i>REST DAY!</i></p>	<p><b>20</b> 30 Second Plank x2 25 Leg Lifts x2 25 Sit Ups x2</p>	<p><b>21</b> 20 Reverse Crunches 20 Russian Twists 20 Bird Dog Crunches</p>	<p><b>22</b> <i>REST DAY!</i></p>	<p><b>23</b> 40 Second Plank x2 25 Leg Lifts 50 Reverse Crunches</p>	<p><b>24</b> 20 Reverse Crunches 10 Russian Twists 20 Bird Dog Crunches</p>
<p><b>22</b> <i>REST DAY!</i></p>	<p><b>26</b> 50 Second Plank 25 Leg Lifts 50 Sit Ups</p>	<p><b>27</b> 10 Reverse Crunches 50 Russian Twists 10 Bird Dog Crunches</p>	<p><b>22</b> <i>REST DAY!</i></p>	<p><b>29</b> 60 Second Plank x2 20 Leg Lifts 30 Reverse Crunches</p>	<p><b>30</b> 50 Reverse Crunches 50 Russian Twists 50 Bird Dog Crunches</p>	



Badass Physiotherapists thinking outside of the box to get you better fast.  
[www.excitephysio.com](http://www.excitephysio.com)

Our Strength Expert, Christine Pratt of Excite Physiotherapy will post videos to provide modifications and illustrate proper form, and will be in the group to answer any questions. Julie from Asskicker will be participating in the challenge along with you, and cheering you on!

- SUBSCRIBE** to the Asskicker YouTube channel for access to all of our demo videos: [click here](#)
- JOIN** the Asskicker Army Facebook Group to interact & win prizes: [click here](#)

**Here's how it works:** **Step 1** Do the exercises listed above, each day. **Step 2** Take a pic of said activity. **Step 3** Post the pic in our group and tell us how you feel. **Step 4** Check the group and interact to get inspired!