

30 DAY

#SayNoToCrunches

CHALLENGE

Get a strong core and fit body with Sara's crunch-free exercises.



Sara Haley's **30 Day Say "NO" to Crunches Challenge** is designed to be a core and cardio circuit that can be done on its own or in addition to your regular workout routine. Each week has a theme and will only take 5 to 15 minutes of your day!

For detailed instructions for each exercise, as well as modification options, visit www.SaraHaley.com/blog and follow @SaraHaleyFit on Instagram.

Ready to Get Started? Each day's workout is listed below. Repeat each sequence 3 times and rest for 1 minute between rounds.

WEEK 1: CRAWL for Your Core

<ul style="list-style-type: none"> • Hovering Crawl: 30 seconds (s) • High Knee Runs: 1 minute (min) 	<ul style="list-style-type: none"> • Tapping Crawl: 30s • Hovering Crawl: 30s • Praying Mantis Runs: 1 min 	<ul style="list-style-type: none"> • Balancing Crawl: 30s • Tapping Crawl: 30s • Hovering Crawl: 30s • Knee Repeaters: 30s on each side 	<ul style="list-style-type: none"> • Rowing Crawl: 30s • Balancing Crawl: 30s • Tapping Crawl: 30s • Hovering Crawl: 30s • Burpees: 1 min 	<ul style="list-style-type: none"> • Reaching Crawl: 30s • Rowing Crawl: 30s • Balancing Crawl: 30s • Tapping Crawl: 30s • Hovering Crawl: 30s • Skaters: 1 min 	<ul style="list-style-type: none"> • Extended Crawl: 30s • Reaching Crawl: 30s • Rowing Crawl: 30s • Balancing Crawl: 30s • Tapping Crawl: 30s • Hovering Crawl: 30s • Lunge Kick Outs: 30s each side 	<ul style="list-style-type: none"> • Moving Crawl: 30s • Extended Crawl: 30s • Reaching Crawl: 30s • Rowing Crawl: 30s • Balancing Crawl: 30s • Tapping Crawl: 30s • Hovering Crawl: 30s • Tuck Jumps: 1 min
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WEEK 2: Perfect the PLANK

<ul style="list-style-type: none"> • Plank: 30s • High Knee Runs: 1 min 	<ul style="list-style-type: none"> • Single Leg Plank: 15s on each side • Plank: 30s • Praying Mantis Runs: 1 min 	<ul style="list-style-type: none"> • Jack 'N Plank: 30s • Single Leg Plank: 15s on each side • Plank: 30s • Knee Repeaters: 30s on each side 	<ul style="list-style-type: none"> • Pigeon 'N Plank: 30s • Jack 'N Plank: 30s • Single Leg Plank: 15s on each side • Plank: 30s • Burpees: 1 min 	<ul style="list-style-type: none"> • Cross 'N Plank: 30s • Pigeon 'N Plank: 30s • Jack 'N Plank: 30s • Single Leg Plank: 15s on each side • Plank: 30s • Skaters: 1 min 	<ul style="list-style-type: none"> • Squat 'N Plank: 30s • Cross 'N Plank: 30s • Pigeon 'N Plank: 30s • Jack 'N Plank: 30s • Single Leg Plank: 15s on each side • Plank: 30s • Lunge Kick Outs: 30s each side 	<ul style="list-style-type: none"> • Reach, Extend 'N Plank: 15s on each side • Squat 'N Plank: 30s • Cross 'N Plank: 30s • Pigeon 'N Plank: 30s • Jack 'N Plank: 30s • Single Leg Plank: 15s on each side • Plank: 30s • Tuck Jumps: 1 min
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WEEK 3: ANYTHING but Crunches

<ul style="list-style-type: none"> • 3 Tier Bike: 30s • High Knee Runs: 1 min 	<ul style="list-style-type: none"> • Dead Bug: 30s • 3 Tier Bike: 30s • Praying Mantis Runs: 1 min 	<ul style="list-style-type: none"> • Extended Dead Bug (DB): 15s on each side • Dead Bug: 30s • 3 Tier Bike: 30s • Knee Repeaters: 30s on each side 	<ul style="list-style-type: none"> • Falling DB: 15 sec each side • Extended DB: 15s on each side • Dead Bug: 30s • 3 Tier Bike: 30s • Burpees: 1 min 	<ul style="list-style-type: none"> • Side Rocks: 30s • Falling DB: 15 sec each side • Extended DB: 15s on each side • Dead Bug: 30s • 3 Tier Bike: 30s • Skaters: 1 min 	<ul style="list-style-type: none"> • Seated Twist: 30s • Side Rocks: 30s • Falling DB: 15 sec each side • Extended DB: 15s on each side • Dead Bug: 30s • 3 Tier Bike: 30s • Lunge Kick Outs: 30s each side 	<ul style="list-style-type: none"> • Soaring Bird: 30s • Seated Twist: 30s • Side Rocks: 30s • Falling DB: 15 sec each side • Extended DB: 15s on each side • Dead Bug: 30s • 3 Tier Bike: 30s • Tuck Jumps: 1 min
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WEEK 4: Finish on Your FOREARMS

<ul style="list-style-type: none"> • Forearm Plank: 30s • High Knee Runs: 1 min 	<ul style="list-style-type: none"> • Forearm Plank Taps: 30s • Forearm Plank: 30s • Praying Mantis Runs: 1 min 	<ul style="list-style-type: none"> • Forearm Plank Rocks: 30s • Forearm Plank Taps: 30s • Forearm Plank: 30s • Knee Repeaters: 30s on each side 	<ul style="list-style-type: none"> • Forearm Plank Reach: 30s • Forearm Plank Rocks: 30s • Forearm Plank Taps: 30s • Forearm Plank: 30s • Burpees: 1 min 	<ul style="list-style-type: none"> • Forearm Plank Runs: 30s • Forearm Plank Reach: 30s • Forearm Plank Rocks: 30s • Forearm Plank Taps: 30s • Forearm Plank: 30s • Skaters: 1 min 	<ul style="list-style-type: none"> • Forearm Plank Up-Downs: 30s • Forearm Plank Runs: 30s • Forearm Plank Reach: 30s • Forearm Plank Rocks: 30s • Forearm Plank Taps: 30s • Forearm Plank: 30s • Lunge Kick Outs: 30s each side 	<ul style="list-style-type: none"> • Forearm Rotation Rows: 30s • Forearm Plank Up-Downs: 30s • Forearm Plank Runs: 30s • Forearm Plank Reach: 30s • Forearm Plank Rocks: 30s • Forearm Plank Taps: 30s • Forearm Plank: 30s • Tuck Jumps: 1 min
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