

For detailed instructions for each move, visit [www.SaraHaley.com/blog](http://www.SaraHaley.com/blog) and follow @SaraHaleyFit on Instagram.

# 30 DAY #SayNoToCrunches CHALLENGE



HIGH KNEE RUNS



PRAYING MANTIS RUNS



KNEE REPEATERS



BURPEES



SKATERS



LUNGE KICK OUTS



TUCK JUMPS



Share a photo of your favorite exercise, and remember to hashtag #SayNoToCrunches and tag @SaraHaleyFit

## WEEK 3: ANYTHING but Crunches

Repeat each sequence 3 times and rest for 1 minute between rounds.

Day 1: 3 Tier Bike, 30 seconds  
High Knee Runs, 1 minute

Day 2: Dead Bug, 30 seconds  
3 Tier Bike, 30 seconds  
Praying Mantis Runs, 1 minute

Day 3: Extended Dead Bug, 15 seconds on each side  
Dead Bug, 30 seconds  
3 Tier Bike, 30 seconds  
Knee Repeaters, 30 seconds on each side

Day 4: Falling Dead Bug, 15 seconds on each side  
Extended Dead Bug, 15 seconds on each side  
Dead Bug, 30 seconds  
3 Tier Bike, 30 seconds  
Burpees, 1 minute

Day 5: Side Rocks, 30 seconds  
Falling Dead Bug, 15 seconds on each side  
Extended Dead Bug, 15 seconds on each side  
Dead Bug, 30 seconds  
3 Tier Bike, 30 seconds  
Skaters, 1 minute

Day 6: Seated Twist, 30 seconds  
Side Rocks, 30 seconds  
Falling Dead Bug, 15 seconds on each side  
Extended Dead Bug, 15 seconds on each side  
Dead Bug, 30 seconds  
3 Tier Bike, 30 seconds  
Lunge Kick Outs, 30 seconds on each side

Day 7: Soaring Bird, 30 seconds  
Seated Twist, 30 seconds  
Side Rocks, 30 seconds  
Falling Dead Bug, 15 seconds on each side  
Extended Dead Bug, 15 seconds on each side  
Dead Bug, 30 seconds  
3 Tier Bike, 30 seconds  
Tuck Jumps, 1 minute



3 TIER BIKE



DEAD BUG



EXTENDED DEAD BUG



FALLING DEAD BUG



SIDE ROCKS



SEATED TWIST



SOARING BIRD