

#HEALTHxTA

# 30-Day Core Challenge

Health *AND* TRACY ANDERSON  
TRANSFORM YOUR BUTT,  
BACK, AND ABS IN ONE MONTH

To see the moves, watch Tracy's workout videos at [Health.com/core-challenge](http://Health.com/core-challenge)

<b>DAY 1</b> Core 10X	<b>DAY 2</b> Abs 10X	<b>DAY 3</b> Arms 10X
<b>DAY 4</b> Legs 10X	<b>DAY 5</b> Butt 10X	<b>DAY 6</b> Cardio
<b>DAY 7</b> Core 15X	<b>DAY 8</b> Abs 15X	<b>DAY 9</b> Arms 15X
<b>DAY 10</b> Legs 15X	<b>DAY 11</b> Butt 15X	<b>DAY 12</b> Cardio
<b>DAY 13</b> Core 20X	<b>DAY 14</b> Abs 20X	<b>DAY 15</b> Arms 20X
<b>DAY 16</b> Legs 20X	<b>DAY 17</b> Butt 20X	<b>DAY 18</b> Cardio
<b>DAY 19</b> Core 25X	<b>DAY 20</b> Abs 25X	<b>DAY 21</b> Arms 25X
<b>DAY 22</b> Legs 25X	<b>DAY 23</b> Butt 25X	<b>DAY 24</b> Cardio
<b>DAY 25</b> Core 30X	<b>DAY 26</b> Abs 30X	<b>DAY 27</b> Arms 30X
<b>DAY 28</b> Legs 30X	<b>DAY 29</b> Butt 30X	<b>DAY 30</b> Final Core 30X

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