

Day #	Work Out
Title	90DayChallenges.com Core Workout Challenge
How it works	3 phases (Foundation → Strength → Power)
How it works	<ul style="list-style-type: none"> • 5 days on / 2 days off each week • Each workout takes 10–20 minutes • Increase reps or difficulty each phase
Day 1	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 2	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side
Day 3	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 4	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side
Day 5	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 6	REST
Day 7	REST
Day 8	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 9	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side

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Day 10	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 11	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side
Day 12	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 13	REST
Day 14	REST
Day 15	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 16	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side
Day 17	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 18	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side
Day 19	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10

Day #	Work Out
Day 20	REST
Day 21	REST
Day 22	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 23	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side
Day 24	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 25	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side
Day 26	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 27	REST
Day 28	REST
Day 29	<ul style="list-style-type: none"> • Plank — 3×20–30 sec • Dead Bug — 3×10 each side • Glute Bridge — 3×15 • Crunches — 3×15 • Reverse Crunches — 3×10
Day 30	<ul style="list-style-type: none"> • Side Plank — 3×20 sec each side • Bird-Dog — 3×12 each side • Mountain Climbers — 3×30 sec • Toe Taps — 3×12 each side

Day #	Work Out
Day 31	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 32	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec
Day 33	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 34	REST
Day 35	REST
Day 36	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 37	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec
Day 38	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 39	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec

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Day 40	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 41	REST
Day 42	REST
Day 43	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 44	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec
Day 45	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 46	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec
Day 47	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 48	REST
Day 49	REST
Day 50	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25

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Day 51	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec
Day 52	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 53	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec
Day 54	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 55	REST
Day 56	REST
Day 57	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25
Day 58	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec
Day 59	<ul style="list-style-type: none"> • Plank — 3×45–60 sec • Hanging Knee Raises (or lying leg raises) — 3×12 • Weighted or Slow Crunches — 3×20 • Bicycle Crunches — 3×20 • Heel Touches — 3×25

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Day 60	<ul style="list-style-type: none"> • Side Plank Hip Dips — 3×12 each side • Russian Twists — 3×20 each side • Flutter Kicks — 3×30 sec • V-Ups — 3×12 • High Knees — 3×45 sec
Day 61	<ul style="list-style-type: none"> • Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 62	REST
Day 63	REST
Day 64	<ul style="list-style-type: none"> • Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 65	<p>Circuit — 3 rounds:</p> <ul style="list-style-type: none"> • 30 sec bicycle crunches • 30 sec mountain climbers • 30 sec sit-ups • 30 sec plank • 30 sec rest
Day 66	<ul style="list-style-type: none"> • Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 67	<p>Circuit — 3 rounds:</p> <ul style="list-style-type: none"> • 30 sec bicycle crunches • 30 sec mountain climbers • 30 sec sit-ups • 30 sec plank • 30 sec rest
Day 68	<ul style="list-style-type: none"> • Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20

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Day 69	REST
Day 70	REST
Day 71	<ul style="list-style-type: none"> • Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 72	Circuit — 3 rounds: <ul style="list-style-type: none"> • 30 sec bicycle crunches • 30 sec mountain climbers • 30 sec sit-ups • 30 sec plank • 30 sec rest
Day 73	<ul style="list-style-type: none"> • Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 74	Circuit — 3 rounds: <ul style="list-style-type: none"> • 30 sec bicycle crunches • 30 sec mountain climbers • 30 sec sit-ups • 30 sec plank • 30 sec rest
Day 75	<ul style="list-style-type: none"> • Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 76	REST
Day 77	REST
Day 78	<ul style="list-style-type: none"> • Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20

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Day 79	Circuit — 3 rounds: • 30 sec bicycle crunches • 30 sec mountain climbers • 30 sec sit-ups • 30 sec plank • 30 sec rest
Day 80	• Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 81	Circuit — 3 rounds: • 30 sec bicycle crunches • 30 sec mountain climbers • 30 sec sit-ups • 30 sec plank • 30 sec rest
Day 82	• Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 83	REST
Day 84	REST
Day 85	• Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20
Day 86	Circuit — 3 rounds: • 30 sec bicycle crunches • 30 sec mountain climbers • 30 sec sit-ups • 30 sec plank • 30 sec rest
Day 87	• Plank — 3×75–90 sec • Leg Raises — 3×15 • Jackknife Sit-Ups — 3×15 • Plank to Push-Up — 3×12 • Jump Tucks — 3×20

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Day 88	Circuit — 3 rounds: <ul style="list-style-type: none">• 30 sec bicycle crunches• 30 sec mountain climbers• 30 sec sit-ups• 30 sec plank• 30 sec rest
Day 89	<ul style="list-style-type: none">• Plank — 3×75–90 sec• Leg Raises — 3×15• Jackknife Sit-Ups — 3×15• Plank to Push-Up — 3×12• Jump Tucks — 3×20
Day 90	REST