30 Day Core Challenge

- [ ] DAY ONE: 5 Mountain Climbs
- [ ] DAY TWO: Plank for 10 Seconds
- [ ] DAY THREE: 6 Mountain Climbs
- [ ] DAY FOUR: Plank for 11 Seconds
- [ ] DAY FIVE: 7 Mountain Climbs
- [ ] DAY SIX: Plank for 12 Seconds
- [ ] DAY SEVEN: Rest
- [ ] DAY EIGHT: 8 Mountain Climbs
- [ ] DAY NINE: Plank for 13 Seconds
- [ ] DAY TEN: 9 Mountain Climbs
- [ ] DAY ELEVEN: Plank for 14 Seconds
- [ ] DAY TWELVE: 10 Mountain Climbs
- [ ] DAY THIRTEEN: Plank for 15 Seconds
- [ ] DAY FOURTEEN: Rest
- [ ] DAY FIFTEEN: 11 Mountain Climbs
- [ ] DAY SIXTEEN: Plank for 16 Seconds
- [ ] DAY SEVENTEEN: 12 Mountain Climbs
- [ ] DAY EIGHTEEN: Plank for 17 Seconds
- [ ] DAY NINETEEN: 13 Mountain Climbs
- [ ] DAY TWENTY: Plank for 18 Seconds
- [ ] DAY TWENTY ONE: Rest
- [ ] DAY TWENTY TWO: 14 Mountain Climbs
- [ ] DAY TWENTY THREE: Plank for 19 Seconds
- [ ] DAY TWENTY FOUR: 16 Mountain Climbs
- [ ] DAY TWENTY FIVE: Plank for 20 Seconds
- [ ] DAY TWENTY SIX: 18 Mountain Climbs
- [ ] DAY TWENTY SEVEN: Plank for 22 Seconds
- [ ] DAY TWENTY EIGHT: Rest
- [ ] DAY TWENTY NINE: 20 Mountain Climbs
- [ ] DAY THIRTY: Plank for 25 Seconds

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