

SIDE FAT CHALLENGE

30 DAYS Challenge

Easy



ONE HAND TOUCH



SIDE PLANK



BRIDGE



BICYCLE

DAY 1

- ☐ 5 ONE HAND TOUCH
- ☐ 10 SEC SIDE PLANK
- ☐ 10 BRIDGE
- ☐ 5 BICYCLE

DAY 2

- ☐ 5 ONE HAND TOUCH
- ☐ 10 SEC SIDE PLANK
- ☐ 10 BRIDGE
- ☐ 5 BICYCLE

DAY 3

- ☐ 6 ONE HAND TOUCH
- ☐ 11 SEC SIDE PLANK
- ☐ 11 BRIDGE
- ☐ 6 BICYCLE

DAY 4

- ☐ 6 ONE HAND TOUCH
- ☐ 11 SEC SIDE PLANK
- ☐ 11 BRIDGE
- ☐ 6 BICYCLE

DAY 5

- ☐ 7 ONE HAND TOUCH
- ☐ 12 SEC SIDE PLANK
- ☐ 12 BRIDGE
- ☐ 7 BICYCLE

DAY 6

- ☐ 7 ONE HAND TOUCH
- ☐ 12 SEC SIDE PLANK
- ☐ 12 BRIDGE
- ☐ 7 BICYCLE

DAY 7

- ☐ 8 ONE HAND TOUCH
- ☐ 13 SEC SIDE PLANK
- ☐ 13 BRIDGE
- ☐ 8 BICYCLE

DAY 8

- ☐ 8 ONE HAND TOUCH
- ☐ 13 SEC SIDE PLANK
- ☐ 13 BRIDGE
- ☐ 8 BICYCLE

DAY 9

- ☐ 9 ONE HAND TOUCH
- ☐ 14 SEC SIDE PLANK
- ☐ 14 BRIDGE
- ☐ 9 BICYCLE

DAY 10

- ☐ 9 ONE HAND TOUCH
- ☐ 14 SEC SIDE PLANK
- ☐ 14 BRIDGE
- ☐ 9 BICYCLE

DAY 11

- ☐ 10 ONE HAND TOUCH
- ☐ 15 SEC SIDE PLANK
- ☐ 15 BRIDGE
- ☐ 10 BICYCLE

DAY 12

- ☐ 10 ONE HAND TOUCH
- ☐ 15 SEC SIDE PLANK
- ☐ 15 BRIDGE
- ☐ 10 BICYCLE

DAY 13

- ☐ 11 ONE HAND TOUCH
- ☐ 16 SEC SIDE PLANK
- ☐ 16 BRIDGE
- ☐ 11 BICYCLE

DAY 14

- ☐ 11 ONE HAND TOUCH
- ☐ 16 SEC SIDE PLANK
- ☐ 16 BRIDGE
- ☐ 11 BICYCLE

DAY 15

- ☐ 12 ONE HAND TOUCH
- ☐ 17 SEC SIDE PLANK
- ☐ 17 BRIDGE
- ☐ 12 BICYCLE

DAY 16

- ☐ 12 ONE HAND TOUCH
- ☐ 17 SEC SIDE PLANK
- ☐ 17 BRIDGE
- ☐ 12 BICYCLE

DAY 17

- ☐ 13 ONE HAND TOUCH
- ☐ 18 SEC SIDE PLANK
- ☐ 18 BRIDGE
- ☐ 13 BICYCLE

DAY 18

- ☐ 13 ONE HAND TOUCH
- ☐ 18 SEC SIDE PLANK
- ☐ 18 BRIDGE
- ☐ 13 BICYCLE

DAY 19

- ☐ 14 ONE HAND TOUCH
- ☐ 19 SEC SIDE PLANK
- ☐ 19 BRIDGE
- ☐ 14 BICYCLE

DAY 20

- ☐ 14 ONE HAND TOUCH
- ☐ 19 SEC SIDE PLANK
- ☐ 19 BRIDGE
- ☐ 14 BICYCLE

DAY 21

- ☐ 15 ONE HAND TOUCH
- ☐ 20 SEC SIDE PLANK
- ☐ 20 BRIDGE
- ☐ 15 BICYCLE

DAY 22

- ☐ 15 ONE HAND TOUCH
- ☐ 20 SEC SIDE PLANK
- ☐ 20 BRIDGE
- ☐ 15 BICYCLE

DAY 23

- ☐ 16 ONE HAND TOUCH
- ☐ 21 SEC SIDE PLANK
- ☐ 21 BRIDGE
- ☐ 16 BICYCLE

DAY 24

- ☐ 16 ONE HAND TOUCH
- ☐ 21 SEC SIDE PLANK
- ☐ 21 BRIDGE
- ☐ 16 BICYCLE

DAY 25

- ☐ 17 ONE HAND TOUCH
- ☐ 22 SEC SIDE PLANK
- ☐ 22 BRIDGE
- ☐ 17 BICYCLE

DAY 26

- ☐ 17 ONE HAND TOUCH
- ☐ 22 SEC SIDE PLANK
- ☐ 22 BRIDGE
- ☐ 17 BICYCLE

DAY 27

- ☐ 18 ONE HAND TOUCH
- ☐ 23 SEC SIDE PLANK
- ☐ 23 BRIDGE
- ☐ 18 BICYCLE

DAY 28

- ☐ 18 ONE HAND TOUCH
- ☐ 23 SEC SIDE PLANK
- ☐ 23 BRIDGE
- ☐ 18 BICYCLE

DAY 29

- ☐ 19 ONE HAND TOUCH
- ☐ 24 SEC SIDE PLANK
- ☐ 24 BRIDGE
- ☐ 19 BICYCLE

DAY 30

- ☐ 20 ONE HAND TOUCH
- ☐ 25 SEC SIDE PLANK
- ☐ 25 BRIDGE
- ☐ 20 BICYCLE

SIDE FAT CHALLENGE

30 DAYS Challenge

Normal



ONE HAND TOUCH



SIDE PLANK



BRIDGE



BICYCLE

DAY 1

- ☐ 5 ONE HAND TOUCH
- ☐ 10 SEC SIDE PLANK
- ☐ 10 BRIDGE
- ☐ 5 BICYCLE

DAY 2

- ☐ 6 ONE HAND TOUCH
- ☐ 11 SEC SIDE PLANK
- ☐ 11 BRIDGE
- ☐ 6 BICYCLE

DAY 3

- ☐ 7 ONE HAND TOUCH
- ☐ 12 SEC SIDE PLANK
- ☐ 12 BRIDGE
- ☐ 7 BICYCLE

DAY 4

- ☐ 8 ONE HAND TOUCH
- ☐ 13 SEC SIDE PLANK
- ☐ 13 BRIDGE
- ☐ 8 BICYCLE

DAY 5

- ☐ 9 ONE HAND TOUCH
- ☐ 14 SEC SIDE PLANK
- ☐ 14 BRIDGE
- ☐ 9 BICYCLE

DAY 6

- ☐ 10 ONE HAND TOUCH
- ☐ 15 SEC SIDE PLANK
- ☐ 15 BRIDGE
- ☐ 10 BICYCLE

DAY 7

- ☐ 11 ONE HAND TOUCH
- ☐ 16 SEC SIDE PLANK
- ☐ 16 BRIDGE
- ☐ 11 BICYCLE

DAY 8

- ☐ 12 ONE HAND TOUCH
- ☐ 17 SEC SIDE PLANK
- ☐ 17 BRIDGE
- ☐ 12 BICYCLE

DAY 9

- ☐ 13 ONE HAND TOUCH
- ☐ 18 SEC SIDE PLANK
- ☐ 18 BRIDGE
- ☐ 13 BICYCLE

DAY 10

- ☐ 14 ONE HAND TOUCH
- ☐ 19 SEC SIDE PLANK
- ☐ 19 BRIDGE
- ☐ 14 BICYCLE

DAY 11

- ☐ 15 ONE HAND TOUCH
- ☐ 20 SEC SIDE PLANK
- ☐ 20 BRIDGE
- ☐ 15 BICYCLE

DAY 12

- ☐ 16 ONE HAND TOUCH
- ☐ 21 SEC SIDE PLANK
- ☐ 21 BRIDGE
- ☐ 16 BICYCLE

DAY 13

- ☐ 17 ONE HAND TOUCH
- ☐ 22 SEC SIDE PLANK
- ☐ 22 BRIDGE
- ☐ 17 BICYCLE

DAY 14

- ☐ 18 ONE HAND TOUCH
- ☐ 23 SEC SIDE PLANK
- ☐ 23 BRIDGE
- ☐ 18 BICYCLE

DAY 15

- ☐ 19 ONE HAND TOUCH
- ☐ 24 SEC SIDE PLANK
- ☐ 24 BRIDGE
- ☐ 19 BICYCLE

DAY 16

- ☐ 20 ONE HAND TOUCH
- ☐ 26 SEC SIDE PLANK
- ☐ 25 BRIDGE
- ☐ 20 BICYCLE

DAY 17

- ☐ 21 ONE HAND TOUCH
- ☐ 28 SEC SIDE PLANK
- ☐ 26 BRIDGE
- ☐ 21 BICYCLE

DAY 18

- ☐ 22 ONE HAND TOUCH
- ☐ 30 SEC SIDE PLANK
- ☐ 27 BRIDGE
- ☐ 22 BICYCLE

DAY 19

- ☐ 23 ONE HAND TOUCH
- ☐ 32 SEC SIDE PLANK
- ☐ 28 BRIDGE
- ☐ 23 BICYCLE

DAY 20

- ☐ 24 ONE HAND TOUCH
- ☐ 34 SEC SIDE PLANK
- ☐ 29 BRIDGE
- ☐ 24 BICYCLE

DAY 21

- ☐ 25 ONE HAND TOUCH
- ☐ 36 SEC SIDE PLANK
- ☐ 30 BRIDGE
- ☐ 25 BICYCLE

DAY 22

- ☐ 26 ONE HAND TOUCH
- ☐ 38 SEC SIDE PLANK
- ☐ 31 BRIDGE
- ☐ 26 BICYCLE

DAY 23

- ☐ 27 ONE HAND TOUCH
- ☐ 40 SEC SIDE PLANK
- ☐ 32 BRIDGE
- ☐ 27 BICYCLE

DAY 24

- ☐ 28 ONE HAND TOUCH
- ☐ 42 SEC SIDE PLANK
- ☐ 33 BRIDGE
- ☐ 28 BICYCLE

DAY 25

- ☐ 29 ONE HAND TOUCH
- ☐ 44 SEC SIDE PLANK
- ☐ 34 BRIDGE
- ☐ 29 BICYCLE

DAY 26

- ☐ 30 ONE HAND TOUCH
- ☐ 46 SEC SIDE PLANK
- ☐ 35 BRIDGE
- ☐ 30 BICYCLE

DAY 27

- ☐ 31 ONE HAND TOUCH
- ☐ 48 SEC SIDE PLANK
- ☐ 36 BRIDGE
- ☐ 31 BICYCLE

DAY 28

- ☐ 32 ONE HAND TOUCH
- ☐ 50 SEC SIDE PLANK
- ☐ 37 BRIDGE
- ☐ 32 BICYCLE

DAY 29

- ☐ 33 ONE HAND TOUCH
- ☐ 52 SEC SIDE PLANK
- ☐ 38 BRIDGE
- ☐ 33 BICYCLE

DAY 30

- ☐ 34 ONE HAND TOUCH
- ☐ 60 SEC SIDE PLANK
- ☐ 39 BRIDGE
- ☐ 34 BICYCLE

SIDE FAT

CHALLENGE

30 DAYS

Challenge

Hard



ONE HAND TOUCH



SIDE PLANK



BRIDGE



BICYCLE

DAY 1

- ☐ 10 ONE HAND TOUCH
- ☐ 20 SEC SIDE PLANK
- ☐ 10 BRIDGE
- ☐ 10 BICYCLE

DAY 2

- ☐ 12 ONE HAND TOUCH
- ☐ 22 SEC SIDE PLANK
- ☐ 12 BRIDGE
- ☐ 12 BICYCLE

DAY 3

- ☐ 14 ONE HAND TOUCH
- ☐ 24 SEC SIDE PLANK
- ☐ 14 BRIDGE
- ☐ 14 BICYCLE

DAY 4

- ☐ 16 ONE HAND TOUCH
- ☐ 26 SEC SIDE PLANK
- ☐ 16 BRIDGE
- ☐ 16 BICYCLE

DAY 5

- ☐ 18 ONE HAND TOUCH
- ☐ 28 SEC SIDE PLANK
- ☐ 18 BRIDGE
- ☐ 18 BICYCLE

DAY 6

- ☐ 20 ONE HAND TOUCH
- ☐ 30 SEC SIDE PLANK
- ☐ 20 BRIDGE
- ☐ 20 BICYCLE

DAY 7

- ☐ 22 ONE HAND TOUCH
- ☐ 32 SEC SIDE PLANK
- ☐ 22 BRIDGE
- ☐ 22 BICYCLE

DAY 8

- ☐ 24 ONE HAND TOUCH
- ☐ 34 SEC SIDE PLANK
- ☐ 24 BRIDGE
- ☐ 24 BICYCLE

DAY 9

- ☐ 26 ONE HAND TOUCH
- ☐ 36 SEC SIDE PLANK
- ☐ 26 BRIDGE
- ☐ 26 BICYCLE

DAY 10

- ☐ 28 ONE HAND TOUCH
- ☐ 38 SEC SIDE PLANK
- ☐ 28 BRIDGE
- ☐ 28 BICYCLE

DAY 11

- ☐ 30 ONE HAND TOUCH
- ☐ 40 SEC SIDE PLANK
- ☐ 30 BRIDGE
- ☐ 30 BICYCLE

DAY 12

- ☐ 32 ONE HAND TOUCH
- ☐ 42 SEC SIDE PLANK
- ☐ 32 BRIDGE
- ☐ 32 BICYCLE

DAY 13

- ☐ 34 ONE HAND TOUCH
- ☐ 44 SEC SIDE PLANK
- ☐ 34 BRIDGE
- ☐ 34 BICYCLE

DAY 14

- ☐ 36 ONE HAND TOUCH
- ☐ 46 SEC SIDE PLANK
- ☐ 36 BRIDGE
- ☐ 36 BICYCLE

DAY 15

- ☐ 38 ONE HAND TOUCH
- ☐ 48 SEC SIDE PLANK
- ☐ 38 BRIDGE
- ☐ 38 BICYCLE

DAY 16

- ☐ 40 ONE HAND TOUCH
- ☐ 50 SEC SIDE PLANK
- ☐ 40 BRIDGE
- ☐ 40 BICYCLE

DAY 17

- ☐ 42 ONE HAND TOUCH
- ☐ 52 SEC SIDE PLANK
- ☐ 42 BRIDGE
- ☐ 42 BICYCLE

DAY 18

- ☐ 44 ONE HAND TOUCH
- ☐ 54 SEC SIDE PLANK
- ☐ 44 BRIDGE
- ☐ 44 BICYCLE

DAY 19

- ☐ 46 ONE HAND TOUCH
- ☐ 56 SEC SIDE PLANK
- ☐ 46 BRIDGE
- ☐ 46 BICYCLE

DAY 20

- ☐ 48 ONE HAND TOUCH
- ☐ 58 SEC SIDE PLANK
- ☐ 48 BRIDGE
- ☐ 48 BICYCLE

DAY 21

- ☐ 50 ONE HAND TOUCH
- ☐ 60 SEC SIDE PLANK
- ☐ 50 BRIDGE
- ☐ 50 BICYCLE

DAY 22

- ☐ 52 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 31 BRIDGE
- ☐ 26 BICYCLE

DAY 23

- ☐ 54 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 32 BRIDGE
- ☐ 27 BICYCLE

DAY 24

- ☐ 56 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 56 BRIDGE
- ☐ 56 BICYCLE

DAY 25

- ☐ 58 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 58 BRIDGE
- ☐ 58 BICYCLE

DAY 26

- ☐ 60 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 60 BRIDGE
- ☐ 60 BICYCLE

DAY 27

- ☐ 62 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 62 BRIDGE
- ☐ 62 BICYCLE

DAY 28

- ☐ 64 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 64 BRIDGE
- ☐ 64 BICYCLE

DAY 29

- ☐ 66 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 66 BRIDGE
- ☐ 66 BICYCLE

DAY 30

- ☐ 68 ONE HAND TOUCH
- ☐ MAX SEC SIDE PLANK
- ☐ 68 BRIDGE
- ☐ 68 BICYCLE

SIDE FAT CHALLENGE

30 DAYS Challenge



ONE HAND TOUCH



SIDE PLANK



BRIDGE



BICYCLE

DAY 1

☐
☐
☐
☐
☐

DAY 2

☐
☐
☐
☐
☐

DAY 3

☐
☐
☐
☐
☐

DAY 4

☐
☐
☐
☐
☐

DAY 5

☐
☐
☐
☐
☐

DAY 6

☐
☐
☐
☐
☐

DAY 7

☐
☐
☐
☐
☐

DAY 8

☐
☐
☐
☐
☐

DAY 9

☐
☐
☐
☐
☐

DAY 10

☐
☐
☐
☐
☐

DAY 11

☐
☐
☐
☐
☐

DAY 12

☐
☐
☐
☐
☐

DAY 13

☐
☐
☐
☐
☐

DAY 14

☐
☐
☐
☐
☐

DAY 15

☐
☐
☐
☐
☐

DAY 16

☐
☐
☐
☐
☐

DAY 17

☐
☐
☐
☐
☐

DAY 18

☐
☐
☐
☐
☐

DAY 19

☐
☐
☐
☐
☐

DAY 20

☐
☐
☐
☐
☐

DAY 21

☐
☐
☐
☐
☐

DAY 22

☐
☐
☐
☐
☐

DAY 23

☐
☐
☐
☐
☐

DAY 24

☐
☐
☐
☐
☐

DAY 25

☐
☐
☐
☐
☐

DAY 26

☐
☐
☐
☐
☐

DAY 27

☐
☐
☐
☐
☐

DAY 28

☐
☐
☐
☐
☐

DAY 29

☐
☐
☐
☐
☐

DAY 30

☐
☐
☐
☐
☐