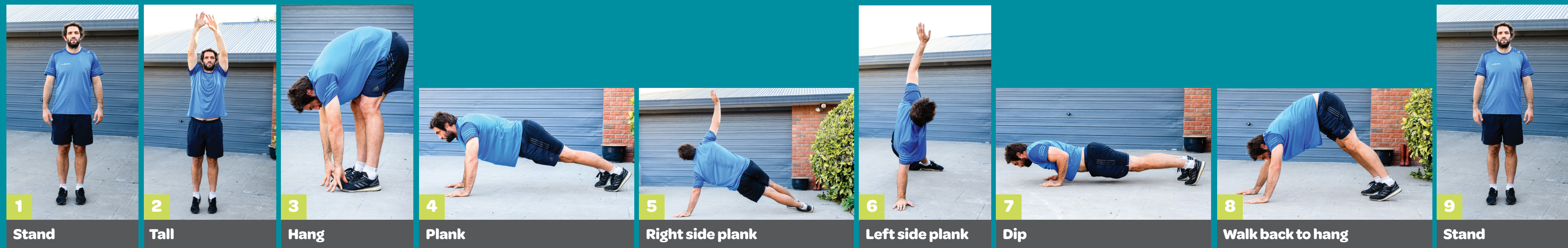


Turn On Your Core with the Farmstrong 4-Week Challenge

Sam Whitelock
FARMSTRONG
AMBASSADOR

THE CHALLENGE – Build up to 4 REPEATS at least 4 TIMES A WEEK by the end of 4 WEEKS

WEEK 1



Here are some additional challenges you can add each week.

WEEK 2



Add after Dip

WEEK 3



Add after Campfire crouch

WEEK 4



Add after Dip



FARMSTRONG
Live Well Farm Well

CHECK
OUT
OUR

CHALLENGE VIDEOS at
www.farmstrong.co.nz