BEYOND300

FREE PROGRAM + TRACKER · 2026



300 CORE A DAY

100% FREE | +5 EVERY DAY | 3 LEVELS | TRACKER APP

Abs of steel. Advanced. Strong, flat core. Step by step to 300 core reps a day, with the same rules as 300 PUSH-UPS A DAY.

DÁVID FORNADEL · @BEYOND_300

SAME 5 RULES. NEW MUSCLES.

1 THE TEST SETS YOUR LEVEL

Do max clean crunches in one set. Your result decides whether you start the START, BASE or STRENGTH plan (page 3).

2 EVERY DAY +5

Every training day you do 5 more core reps than the day before. A small step your body can handle and your head won't quit on.

3 EVERY 7TH DAY IS LIGHT

Half of the previous day plus a new test. Muscles and tendons grow while you rest. A light day is not a day off: you still train.

4 MISSED IT? REPEAT THE DAY

If you don't hit the daily target, tomorrow you do the same day again. The plan adapts to you, not you to the plan.

5 SETS, NOT SUFFERING

Never go to failure. Split the day into sets of about half your max and spread them out. After every test you recalculate your set.

WHAT COUNTS TOWARD 300

Crunches, reverse crunches, leg raises, dead bugs and bicycles (each side = 1). Plank: 1 rep = 2 seconds.

FOR THE ADVANCED

Core works best on top of a base. If you can't hold a plank for 30 seconds yet, start with push-ups or squats and add core later. Pair it with 300 PULLS A DAY for a strong back and a strong core.

Trains: Abs, obliques, deep core.

02 · THE TEST

HOW MANY CAN YOU DO RIGHT NOW?

Lie on your back, knees bent, lower back on the floor. Do as many slow, **clean** crunches as you can: shoulders off the floor, hands off your neck.

1. **Warm up first.**
   5 minutes (page 5), then rest for 2 minutes.
2. **Count only clean reps.**
   Full range, the form from page 4. The first half rep doesn't count.
3. **No long breaks.**
   A quick breath is fine. Stopping to rest ends the set.
4. **Write it down.**
   The app keeps every test, so in a month you see how far you came.

YOUR MAX	LEVEL	START	TO 300
0 – 29	START	90 / DAY	49 DAYS
30 – 59	BASE	150 / DAY	35 DAYS
60 OR MORE	STRENGTH	210 / DAY	21 DAYS

All three plans end the same way: with your first day of 300 core reps. If the test is very hard, start the START plan with an easier rung of the ladder (page 5). Those reps count too.

CLEAN CORE REPS



DEAD BUG



PLANK



REVERSE CRUNCH



HOLLOW HOLD

1 **Lower back on the floor**
The whole time. If it lifts, the rep is too hard: go one rung down.

2 **Ribs down, abs tight**
Pull your belly button in. Don't hold your breath.

3 **Slow is strong**
2 seconds per rep. Momentum doesn't count.

4 **Hands off your neck**
Fingertips at your temples or arms crossed on your chest.

5 **Breathe out on the effort**
Exhale as you curl up or lift your legs.

6 **A third are holds**
Plank and hollow hold: 1 rep = 2 seconds.

SPLIT YOUR DAY

Example day (150): morning 50 crunches · lunch 20 dead bugs + 30 s plank (15 reps) · evening 40 leg raises + 25 reverse crunches.

YOUR FIRST WEEK

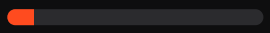
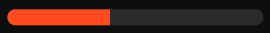
START LEVEL

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
90	95	100	105	110	115	60

04 · EASIER, HARDER, SAFE

THE LADDER

From easiest to hardest. Once 3 × 20 is easy, move up a rung.

1	DEAD BUG	
2	CRUNCH	
3	REVERSE CRUNCH	
4	PLANK THE TEST	
5	SIDE PLANK	
6	LYING LEG RAISE	
7	HOLLOW HOLD	
8	HOLLOW ROCK	
9	V-UP	
10	HANGING KNEE RAISE	

WARM-UP · 5 MIN

Cat–cow	8×
Bird dog	5 + 5
Glute bridges	10
Plank	20 S

PAIN TRAFFIC LIGHT

GREEN

burning abs, sore abs the next day. Keep going.

ORANGE

a tight lower back. Take a light day with only plank and dead bugs.

RED

sharp pain in your lower back or a bulge in your belly. Stop and see a doctor.

START · 49 DAYS

Your max in the test: **0–29**
You start at **90**, you finish at **300**
8,970 core reps in total

WEEK 1	DAY 1 90 START	DAY 2 95	DAY 3 100	DAY 4 105	DAY 5 110	DAY 6 115	DAY 7 60 LIGHT + TEST
WEEK 2	DAY 8 120	DAY 9 125	DAY 10 130	DAY 11 135	DAY 12 140	DAY 13 145	DAY 14 75 LIGHT + TEST
WEEK 3	DAY 15 150	DAY 16 155	DAY 17 160	DAY 18 165	DAY 19 170	DAY 20 175	DAY 21 90 LIGHT + TEST
WEEK 4	DAY 22 180	DAY 23 185	DAY 24 190	DAY 25 195	DAY 26 200	DAY 27 205	DAY 28 105 LIGHT + TEST
WEEK 5	DAY 29 210	DAY 30 215	DAY 31 220	DAY 32 225	DAY 33 230	DAY 34 235	DAY 35 120 LIGHT + TEST
WEEK 6	DAY 36 240	DAY 37 245	DAY 38 250	DAY 39 255	DAY 40 260	DAY 41 265	DAY 42 135 LIGHT + TEST
WEEK 7	DAY 43 270	DAY 44 275	DAY 45 280	DAY 46 285	DAY 47 290	DAY 48 295	DAY 49 300 Goal

☐ Tick off each day you finish ☐ Light day: half + test ■ Your first 300

Missed it? Repeat the same day tomorrow.

BASE · 35 DAYS

Your max in the test: **30–59**
You start at **150**, you finish at **300**
7,425 core reps in total

WEEK 1	DAY 1 150 START	DAY 2 155	DAY 3 160	DAY 4 165	DAY 5 170	DAY 6 175	DAY 7 90 LIGHT + TEST
WEEK 2	DAY 8 180	DAY 9 185	DAY 10 190	DAY 11 195	DAY 12 200	DAY 13 205	DAY 14 105 LIGHT + TEST
WEEK 3	DAY 15 210	DAY 16 215	DAY 17 220	DAY 18 225	DAY 19 230	DAY 20 235	DAY 21 120 LIGHT + TEST
WEEK 4	DAY 22 240	DAY 23 245	DAY 24 250	DAY 25 255	DAY 26 260	DAY 27 265	DAY 28 135 LIGHT + TEST
WEEK 5	DAY 29 270	DAY 30 275	DAY 31 280	DAY 32 285	DAY 33 290	DAY 34 295	DAY 35 300 Goal

☐ Tick off each day you finish ☐ Light day: half + test ■ Your first 300

Missed it? Repeat the same day tomorrow.

NOTES

STRENGTH · 21 DAYS

Your max in the test: **60 or more**
You start at **210**, you finish at **300**
5,100 core reps in total

WEEK 1	DAY 1 210 START	DAY 2 215	DAY 3 220	DAY 4 225	DAY 5 230	DAY 6 235	DAY 7 120 LIGHT + TEST
WEEK 2	DAY 8 240	DAY 9 245	DAY 10 250	DAY 11 255	DAY 12 260	DAY 13 265	DAY 14 135 LIGHT + TEST
WEEK 3	DAY 15 270	DAY 16 275	DAY 17 280	DAY 18 285	DAY 19 290	DAY 20 295	DAY 21 300 Goal

☐ Tick off each day you finish ☐ Light day: half + test ■ Your first 300

Missed it? Repeat the same day tomorrow.

NOTES

100 DAYS × 300

When your plan ends, the real challenge begins. **300 core reps every day.** Tick off every day you finish. Milestones: day 30, 50 and 100.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

☐ Milestone: share it to your story 30,000 core reps in total Never miss twice in a row.

DAY 100: YOUR CERTIFICATE

Hit your target on 100 days in the app (a missed day doesn't reset it) and you get the BEYOND 300 certificate with your name, your total and your dates. Then your name can go up in the Hall of Fame on our website. Next certificates: day 200 and 365.



TODAY IS DAY 1.

Nothing is free nowadays, but this program is. Do the test, find your plan and do your first set before you close this file.

1. Open the tracker app: **app.beyond300.com**
2. Tap the orange challenge chip (300 PUSH-UPS ▾) and pick 300 CORE A DAY.
3. Take the test. The app gives you your level and today's number.
4. Share your days to your story and tag @beyond_300. The pack is waiting.

DÁVID FORNADEL · @BEYOND_300 · #300COREADAY

Disclaimer: This program is for educational purposes and does not replace medical advice. Before starting any exercise program, especially if you have health problems, an injury or haven't exercised in a long time, talk to your doctor. You exercise at your own risk. Results vary from person to person. © 2026 Dávid Fornadel. Free to share: send it to anyone, as long as it stays unchanged and free. Please don't sell it.