

30-DAY AB CHALLENGE

DAY 1 Situps: 15 Crunches: 5 Leg Raises: 5 Plank: 10s	DAY 2 Situps: 20 Crunches: 8 Leg Raises: 8 Plank: 12s	DAY 3 Situps: 25 Crunches: 10 Leg Raises: 10 Plank: 15s	DAY 4 REST	DAY 5 Situps: 30 Crunches: 12 Leg Raises: 12 Plank: 20s	DAY 6 Situps: 25 Crunches: 15 Leg Raises: 15 Plank: 25s	DAY 7 Situps: 40 Crunches: 20 Leg Raises: 20 Plank: 30s
DAY 8 REST	DAY 9 Situps: 45 Crunches: 30 Leg Raises: 30 Plank: 35s	DAY 10 Situps: 50 Crunches: 50 Leg Raises: 30 Plank: 38s	DAY 11 Situps: 55 Crunches: 65 Leg Raises: 33 Plank: 42s	DAY 12 REST	DAY 13 Situps: 60 Crunches: 75 Leg Raises: 40 Plank: 50s	DAY 14 Situps: 65 Crunches: 85 Leg Raises: 42 Plank: 55s
DAY 15 Situps: 70 Crunches: 95 Leg Raises: 42 Plank: 60s	DAY 16 REST	DAY 17 Situps: 75 Crunches: 100 Leg Raises: 45 Plank: 65s	DAY 18 Situps: 80 Crunches: 110 Leg Raises: 48 Plank: 70s	DAY 19 Situps: 85 Crunches: 120 Leg Raises: 50 Plank: 75s	DAY 20 REST	DAY 21 Situps: 90 Crunches: 130 Leg Raises: 52 Plank: 80s
DAY 22 Situps: 95 Crunches: 140 Leg Raises: 55 Plank: 85s	DAY 23 Situps: 100 Crunches: 150 Leg Raises: 58 Plank: 90s	DAY 24 REST	DAY 25 Situps: 105 Crunches: 160 Leg Raises: 60 Plank: 95s	DAY 26 Situps: 120 Crunches: 170 Leg Raises: 60 Plank: 100s	DAY 27 Situps: 115 Crunches: 180 Leg Raises: 62 Plank: 110s	DAY 28 REST
DAY 29 Situps: 120 Crunches: 190 Leg Raises: 62 Plank: 115s	DAY 30 Situps: 125 Crunches: 200 Leg Raises: 65 Plank: 120s					