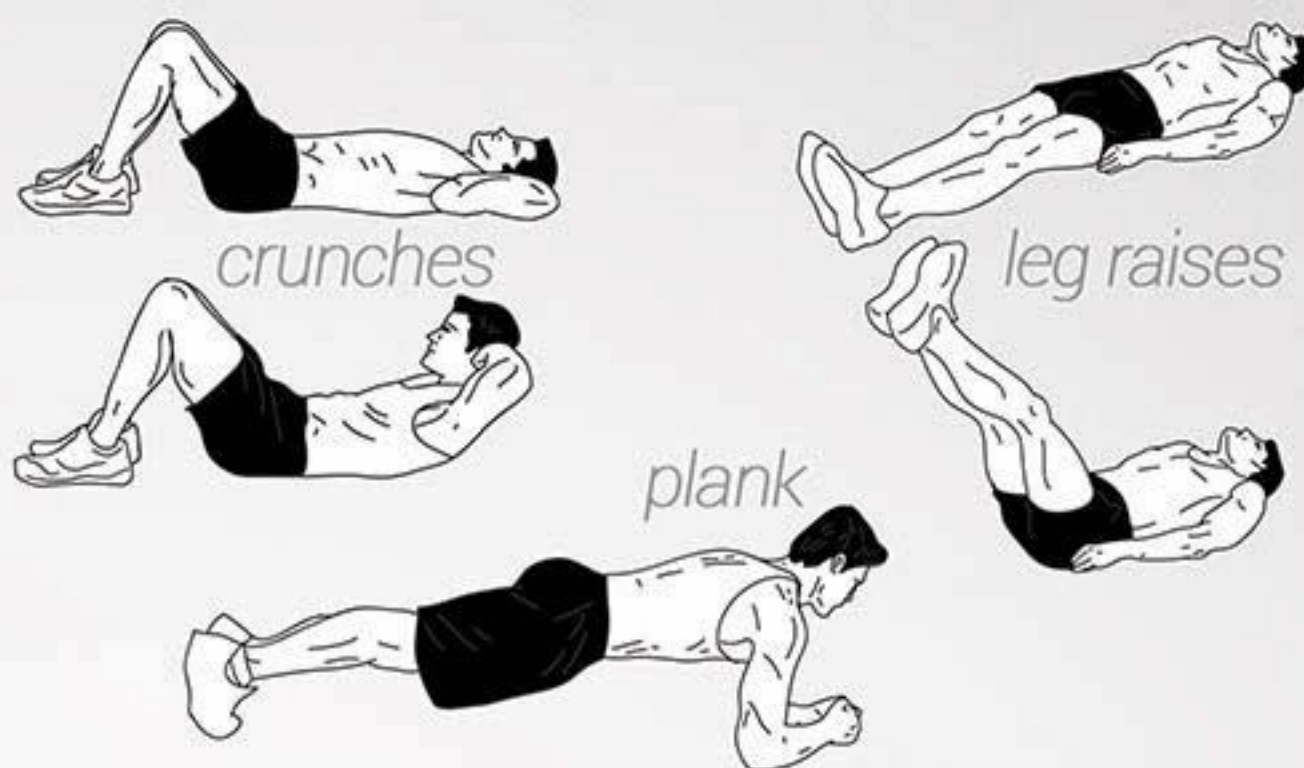


AB CHALLENGE

30 DAY CHALLENGE



Day 1 15 crunches 6 leg raises 10 second plank	Day 2 20 crunches 8 leg raises 15 second plank	Day 3 25 crunches 10 leg raises 20 second plank	Day 4 30 crunches 12 leg raises 25 second plank	Day 5 35 crunches 14 leg raises 30 second plank
Day 6 40 crunches 16 leg raises 35 second plank	Day 7 45 crunches 18 leg raises 40 second plank	Day 8 50 crunches 20 leg raises 45 second plank	Day 9 55 crunches 22 leg raises 50 second plank	Day 10 60 crunches 24 leg raises 55 second plank
Day 11 65 crunches 26 leg raises 60 second plank	Day 12 70 crunches 28 leg raises 65 second plank	Day 13 75 crunches 30 leg raises 70 second plank	Day 14 80 crunches 32 leg raises 75 second plank	Day 15 85 crunches 34 leg raises 80 second plank
Day 16 90 crunches 36 leg raises 85 second plank	Day 17 95 crunches 38 leg raises 90 second plank	Day 18 100 crunches 40 leg raises 95 second plank	Day 19 105 crunches 42 leg raises 100 second plank	Day 20 110 crunches 44 leg raises 105 second plank
Day 21 115 crunches 46 leg raises 110 second plank	Day 22 120 crunches 48 leg raises 115 second plank	Day 23 125 crunches 50 leg raises 120 second plank	Day 24 130 crunches 52 leg raises 125 second plank	Day 25 135 crunches 54 leg raises 130 second plank
Day 26 140 crunches 56 leg raises 135 second plank	Day 27 145 crunches 58 leg raises 140 second plank	Day 28 150 crunches 60 leg raises 145 second plank	Day 29 155 crunches 62 leg raises 150 second plank	Day 30 120 crunches 64 leg raises 155 second plank