



30 DAY ABS CHALLENGE

DAY	EXERCISE	DAY	EXERCISE	DAYS	EXERCISE
Day 1	15 SIT UPS / 5 CRUNCHES / 5 LEG RAISES / 10 SEC PLANK	Day 11	55 SIT UPS / 65 CRUNCHES / 33 LEG RAISES / 42 SEC PLANK	Day 21	90 SIT UPS / 130 CRUNCHES / 52 LEG RAISES / 80 SEC PLANK
Day 2	20 SIT UPS / 8 CRUNCHES / 8 LEG RAISES / 12 SEC PLANK	Day 12	REST DAY	Day 22	95 SIT UPS / 140 CRUNCHES / 55 LEG RAISES / 85 SEC PLANK
Day 3	25 SIT UPS / 10 CRUNCHES / 10 LEG RAISES / 15 SEC PLANK	Day 13	60 SIT UPS / 75 CRUNCHES / 40 LEG RAISES / 50 SEC PLANK	Day 23	100 SIT UPS / 150 CRUNCHES / 58 LEG RAISES / 90 SEC PLANK
Day 4	REST DAY	Day 14	65 SIT UPS / 85 CRUNCHES / 42 LEG RAISES / 55 SEC PLANK	Day 24	REST DAY
Day 5	30 SIT UPS / 12 CRUNCHES / 12 LEG RAISES / 20 SEC PLANK	Day 15	70 SIT UPS / 95 CRUNCHES / 42 LEG RAISES / 60 SEC PLANK	Day 25	105 SIT UPS / 160 CRUNCHES / 60 LEG RAISES / 95 SEC PLANK
Day 6	35 SIT UPS / 15 CRUNCHES / 15 LEG RAISES / 25 SEC PLANK	Day 16	REST DAY	Day 26	110 SIT UPS / 170 CRUNCHES / 60 LEG RAISES / 100 SEC PLANK
Day 7	40 SIT UPS / 20 CRUNCHES / 20 LEG RAISES / 30 SEC PLANK	Day 17	75 SIT UPS / 100 CRUNCHES / 42 LEG RAISES / 65 SEC PLANK	Day 27	115 SIT UPS / 180 CRUNCHES / 62 LEG RAISES / 110 SEC PLANK
Day 8	REST DAY	Day 18	80 SIT UPS / 110 CRUNCHES / 48 LEG RAISES / 70 SEC PLANK	Day 28	REST DAY
Day 9	45 SIT UPS / 30 CRUNCHES / 30 LEG RAISES / 38 SEC PLANK	Day 19	85 SIT UPS / 120 CRUNCHES / 50 LEG RAISES / 75 SEC PLANK	Day 29	120 SIT UPS / 190 CRUNCHES / 62 LEG RAISES / 115 SEC PLANK
Day 10	50 SIT UPS / 50 CRUNCHES / 30 LEG RAISES / 38 SEC PLANK	Day 20	REST DAY	Day 30	125 SIT UPS / 200 CRUNCHES / 65 LEG RAISES / 120 SEC PLANK