

30 Day Challenge

Abs Only

BB4E



Day 1	100 crunches	Day 16	Rest
Day 2	100 bicycles	Day 17	150 crunches
Day 3	100 reverse crunch	Day 18	150 bicycles
Day 4	Rest	Day 19	150 reverse crunch
Day 5	1 min plank (x's 3)	Day 20	Rest
Day 6	100 Russian Twist	Day 21	125 flutter kicks
Day 7	100 flutter kicks	Day 22	75 full sit ups
Day 8	Rest	Day 23	50 side plank raises
Day 9	125 bicycles	Day 24	120 Russian twists
Day 10	50 side plank raises	Day 25	Rest
Day 11	50 full sit ups	Day 26	125 flutter kicks
Day 12	125 crunches	Day 27	75 full sit ups
Day 13	100 Russian Twist	Day 28	50 side plank raises
Day 14	1 min plank (x's 3)	Day 29	170 crunches
Day 15	Rest	Day 30	175 bicycles