

30 DAY AB CHALLENGE

1 ☐ 15 SIT UPS 5 LEG RAISES 5 BRIDGES 10 SEC PLANK	2 ☐ 20 SIT UPS 7 LEG RAISES 7 BRIDGES 12 SEC PLANK	3 ☐ 25 SIT UPS 10 LEG RAISES 10 BRIDGES 14 SEC PLANK	4 ☐ REST DAY	5 ☐ 30 SIT UPS 13 LEG RAISES 13 BRIDGES 20 SEC PLANK
6 ☐ 35 SIT UPS 15 LEG RAISES 15 BRIDGES 24 SEC PLANK	7 ☐ 40 SIT UPS 20 LEG RAISES 20 BRIDGES 30 SEC PLANK	8 ☐ REST DAY	9 ☐ 45 SIT UPS 25 LEG RAISES 25 BRIDGES 36 SEC PLANK	10 ☐ 50 SIT UPS 30 LEG RAISES 30 BRIDGES 38 SEC PLANK
11 ☐ 55 SIT UPS 33 LEG RAISES 34 BRIDGES 41 SEC PLANK	12 ☐ REST DAY	13 ☐ 60 SIT UPS 36 LEG RAISES 36 BRIDGES 48 SEC PLANK	14 ☐ 65 SIT UPS 39 LEG RAISES 39 BRIDGES 55 SEC PLANK	15 ☐ 70 SIT UPS 43 LEG RAISES 43 BRIDGES 60 SEC PLANK
16 ☐ REST DAY	17 ☐ 75 SIT UPS 45 LEG RAISES 45 BRIDGES 65 SEC PLANK	18 ☐ 80 SIT UPS 50 LEG RAISES 50 BRIDGES 70 SEC PLANK	19 ☐ 85 SIT UPS 53 LEG RAISES 53 BRIDGES 75 SEC PLANK	20 ☐ REST DAY
21 ☐ 90 SIT UPS 56 LEG RAISES 56 BRIDGES 80 SEC PLANK	22 ☐ 95 SIT UPS 60 LEG RAISES 60 BRIDGES 85 SEC PLANK	23 ☐ 100 SIT UPS 63 LEG RAISES 63 BRIDGES 90 SEC PLANK	24 ☐ 110 SIT UPS 66 LEG RAISES 66 BRIDGES 95 SEC PLANK	25 ☐ REST DAY
26 ☐ 115 SIT UPS 69 LEG RAISES 69 BRIDGES 100 SEC PLANK	27 ☐ 120 SIT UPS 72 LEG RAISES 72 BRIDGES 105 SEC PLANK	28 ☐ 125 SIT UPS 75 LEG RAISES 75 BRIDGES 110 SEC PLANK	29 ☐ 130 SIT UPS 77 LEG RAISES 77 BRIDGES 115 SEC PLANK	30 ☐ 140 SIT UPS 80 LEG RAISES 80 BRIDGES 120 SEC PLANK