

ab

30-day challenge



crunches



leg raises



full plank

neilarey.com

Day 1

15 crunches
6 leg raises
10 sec plank

Day 2

20 crunches
8 leg raises
15 sec plank

Day 3

25 crunches
10 leg raises
20 sec plank

Day 4

30 crunches
12 leg raises
25 sec plank

Day 5

35 crunches
14 leg raises
30 sec plank

Day 6

40 crunches
16 leg raises
35 sec plank

Day 7

45 crunches
18 leg raises
40 sec plank

Day 8

50 crunches
20 leg raises
45 sec plank

Day 9

55 crunches
22 leg raises
50 sec plank

Day 10

60 crunches
24 leg raises
55 sec plank

Day 11

65 crunches
26 leg raises
60 sec plank

Day 12

70 crunches
28 leg raises
65 sec plank

Day 13

75 crunches
30 leg raises
70 sec plank

Day 14

80 crunches
32 leg raises
75 sec plank

Day 15

85 crunches
34 leg raises
80 sec plank

Day 16

90 crunches
36 leg raises
85 sec plank

Day 17

95 crunches
38 leg raises
90 sec plank

Day 18

100 crunches
40 leg raises
95 sec plank

Day 19

105 crunches
42 leg raises
100 sec plank

Day 20

110 crunches
44 leg raises
105 sec plank

Day 21

115 crunches
46 leg raises
110 sec plank

Day 22

120 crunches
48 leg raises
115 sec plank

Day 23

125 crunches
50 leg raises
120 sec plank

Day 24

130 crunches
52 leg raises
125 sec plank

Day 25

135 crunches
54 leg raises
130 sec plank

Day 26

140 crunches
56 leg raises
135 sec plank

Day 27

145 crunches
58 leg raises
140 sec plank

Day 28

150 crunches
60 leg raises
145 sec plank

Day 29

155 crunches
62 leg raises
150 sec plank

Day 30

160 crunches
64 leg raises
155 sec plank