

# Ab Challenge

**Work it Hard Beginners!**

Created by the Frugal Exerciser

<http://thefrugalexerciser.blogspot.com>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 15 Crunches 15 Bicycles 15 Reverse Crunches 15 sec Plank	<b>2</b> Rest	<b>3</b> 15 Crunches 15 Bicycles 15 Reverse Crunches 15 sec Plank	<b>4</b> 15 sec Plank 15 sec Side Plank Back Raises 15 Repeat 2xs	<b>5</b> 15 Crunches 15 Bicycles 15 Reverse Crunches 15 sec Plank	<b>6</b> 15 sec Plank 15 sec Side Plank Back Raises 15 Repeat 2xs	<b>7</b> Rest
<b>8</b> 20 Crunches 20 Bicycles 20 Reverse Crunches 20 sec Plank	<b>9</b> Rest	<b>10</b> 20 Crunches 20 Bicycles 20 Reverse Crunches 20 sec Plank	<b>11</b> 20 sec Plank 20 sec Side Plank Back Raises 20 Repeat 2xs	<b>12</b> 20 Crunches 20 Bicycles 20 Reverse Crunches 20 sec Plank	<b>13</b> 20 sec Plank 20 sec Side Plank Back Raises 20 Repeat 2xs	<b>14</b> Rest
<b>15</b> 25 Crunches 25 Bicycles 25 Reverse Crunches 25 sec Plank	<b>16</b> Rest	<b>17</b> 25 Crunches 25 Bicycles 25 Reverse Crunches 25 sec Plank	<b>18</b> 25 sec Plank 25 sec Side Plank Back Raises 25 Repeat 2xs	<b>19</b> 25 Crunches 25 Bicycles 25 Reverse Crunches 25 sec Plank	<b>20</b> 25 sec Plank 25 sec Side Plank Back Raises 25 Repeat 2xs	<b>21</b> Rest
<b>22</b> 30 Crunches 30 Bicycles 30 Reverse Crunches 30 sec Plank	<b>23</b> Rest	<b>24</b> 30 Crunches 30 Bicycles 30 Reverse Crunches 30 sec Plank	<b>25</b> 30 sec Plank 30 sec Side Plank Back Raises 30 Repeat 2xs	<b>26</b> 30 Crunches 30 Bicycles 30 Reverse Crunches 30 sec Plank	<b>27</b> 30 sec Plank 30 sec Side Plank Back Raises 30 Repeat 2xs	<b>28</b> Rest
<b>29</b> 35 Crunches 35 Bicycles 35 Reverse Crunches 35 sec Plank	<b>30</b>				*Warm up before doing this program	