

# 30-DAY AB CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HOLD A REGULAR PLANK AS LONG AS POSSIBLE	:30 PLANK :30 MOUNTAIN CLIMBERS	:30 PLANK 30 CRUNCHES	:30 PLANK 30 KNEE TO ELBOW CRUNCHES	:30 PLANK 30 STRAIGHT LEG LIFTS	OFF	:45 PLANK 30 REVERSE CRUNCHES
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
:45 PLANK :45 MOUNTAIN CLIMBERS	:45 PLANK 45 CRUNCHES	:45 PLANK 45 KNEE TO ELBOW CRUNCHES	OFF	1:00 PLANK 45 STRAIGHT LEG LIFTS	1:00 PLANK 45 REVERSE CRUNCHES	1:00 PLANK 45 SIT-UPS
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
OFF	1:15 PLANK :30 MOUNTAIN CLIMBERS	1:15 PLANK 30 CRUNCHES	1:15 PLANK 30 KNEE TO ELBOW CRUNCHES	1:15 PLANK 30 STRAIGHT LEG LIFTS	1:15 PLANK 30 REVERSE CRUNCHES	OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
1:30 PLANK :45 MOUNTAIN CLIMBERS	1:30 PLANK 45 CRUNCHES	1:30 PLANK 45 KNEE TO ELBOW CRUNCHES	1:30 PLANK 45 STRAIGHT LEG LIFTS	OFF	1:45 PLANK 45 REVERSE CRUNCHES	1:45 PLANK 45 SIT-UPS
DAY 29	DAY 30	<b>FOR RECIPES + WORKOUTS VISIT <a href="http://HEADSHEEATCLEAN.COM">HEADSHEEATCLEAN.COM</a></b>				
2:00 PLANK 1:00 MOUNTAIN CLIMBERS	HOLD A REGULAR PLANK AS LONG AS POSSIBLE					