

30-DAY AB Challenge

FOR BEGINNERS

DAY 1 10 Climbers 10 Crunches 10 Bicycle Crunches 10 Sec Planks	DAY 2 10 Climbers 10 Crunches 10 Bicycle Crunches 10 Sec Planks	DAY 3 10 Climbers 10 Crunches 10 Bicycle Crunches 10 Sec Planks	DAY 4 <i>Rest</i>	DAY 5 15 Climbers 15 Crunches 15 Bicycle Crunches 15 Sec Planks
DAY 6 15 Climbers 15 Crunches 15 Bicycle Crunches 15 Sec Planks	DAY 7 15 Climbers 15 Crunches 15 Bicycle Crunches 15 Sec Planks	DAY 8 <i>Rest</i>	DAY 9 20 Climbers 20 Crunches 20 Bicycle Crunches 20 Sec Planks	DAY 10 20 Climbers 20 Crunches 20 Bicycle Crunches 20 Sec Planks
DAY 11 20 Climbers 20 Crunches 20 Bicycle Crunches 20 Sec Planks	DAY 12 <i>Rest</i>	DAY 13 25 Climbers 25 Crunches 25 Bicycle Crunches 25 Sec Planks	DAY 14 25 Climbers 25 Crunches 25 Bicycle Crunches 25 Sec Planks	DAY 15 25 Climbers 25 Crunches 25 Bicycle Crunches 25 Sec Planks
DAY 16 <i>Rest</i>	DAY 17 30 Climbers 30 Crunches 30 Bicycle Crunches 30 Sec Planks	DAY 18 30 Climbers 30 Crunches 30 Bicycle Crunches 30 Sec Planks	DAY 19 30 Climbers 30 Crunches 30 Bicycle Crunches 30 Sec Planks	DAY 20 <i>Rest</i>
DAY 21 35 Climbers 35 Crunches 35 Bicycle Crunches 35 Sec Planks	DAY 22 35 Climbers 35 Crunches 35 Bicycle Crunches 35 Sec Planks	DAY 23 35 Climbers 35 Crunches 35 Bicycle Crunches 35 Sec Planks	DAY 24 <i>Rest</i>	DAY 25 40 Climbers 40 Crunches 40 Bicycle Crunches 40 Sec Planks
DAY 26 40 Climbers 40 Crunches 40 Bicycle Crunches 40 Sec Planks	DAY 27 40 Climbers 40 Crunches 40 Bicycle Crunches 40 Sec Planks	DAY 28 <i>Rest</i>	DAY 29 50 Climbers 50 Crunches 50 Bicycle Crunches 50 Sec Planks	DAY 30 60 Climbers 60 Crunches 60 Bicycle Crunches 60 Sec Planks

Climbers



Crunches



Bicycles



Planks

