

MEAN ABS JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
				1 15 sit-ups 5 crunches 10s plank 10 pushups	2 19 sit-ups 6 crunches 12s plank 11 pushups	3 rest
4 23 sit-ups 7 crunches 15s plank 12 pushups	5 27 sit-ups 10 crunches 20s plank 14 pushups	6 30 sit-ups 15 crunches 25s plank 16 pushups	7 34 sit-ups 20 crunches 28s plank 17 pushups	8 36 sit-ups 29 crunches 30s plank 19 pushups	9 40 sit-ups 38 crunches 33s plank 20 pushups	10 rest
11 42 sit-ups 47 crunches 35s plank 21 pushups	12 46 sit-ups 56 crunches 37s plank 22 pushups	13 50 sit-ups 65 crunches 40s plank 24 pushups	14 54 sit-ups 74 crunches 50s plank 25 pushups	15 57 sit-ups 83 crunches 55s plank 27 pushups	16 60 sit-ups 92 crunches 60s plank 29 pushups	17 rest
18 64 sit-ups 101 crunches 65s plank 30 pushups	19 67 sit-ups 110 crunches 70s plank 32 pushups	20 71 sit-ups 119 crunches 75s plank 35 pushups	21 74 sit-ups 128 crunches 80s plank 38 pushups	22 77 sit-ups 137 crunches 85s plank 40 pushups	23 80 sit-ups 146 crunches 90s plank 43 pushups	24 rest
25 84 sit-ups 155 crunches 95s plank 46 pushups	26 86 sit-ups 164 crunches 100s plank 49 pushups	27 90 sit-ups 173 crunches 105s plank 52 pushups	28 94 sit-ups 182 crunches 110s plank 55 pushups	29 96 sit-ups 191 crunches 115s plank 58 pushups	30 100 sit-ups 200 crunches 120s plank 60 pushups	