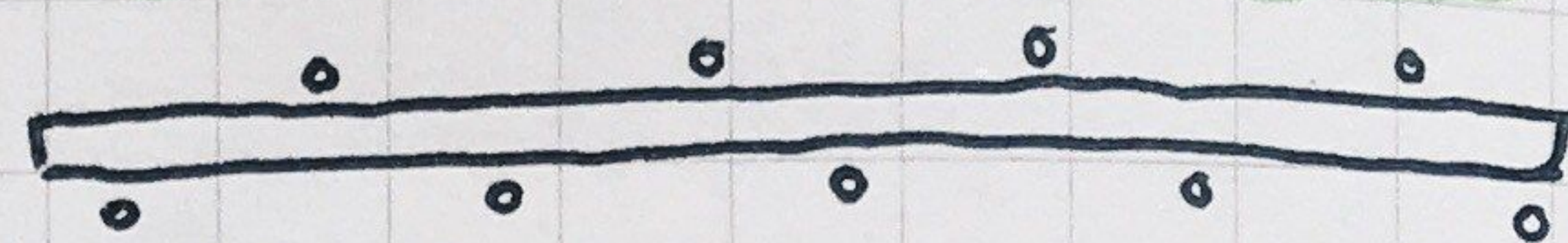
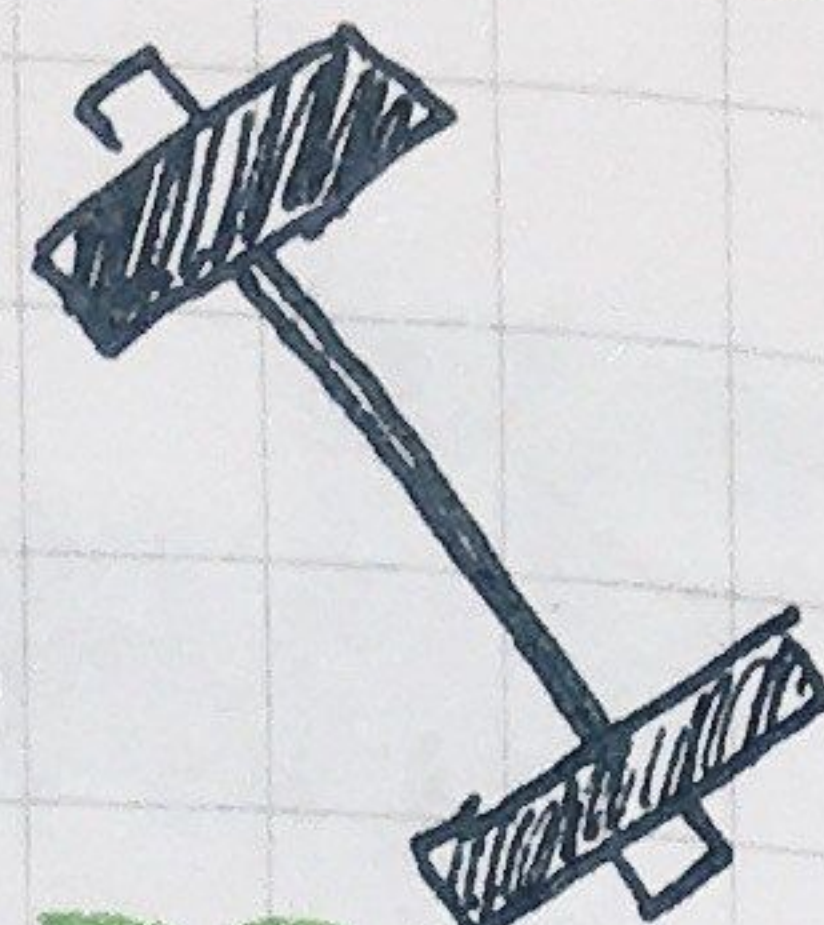
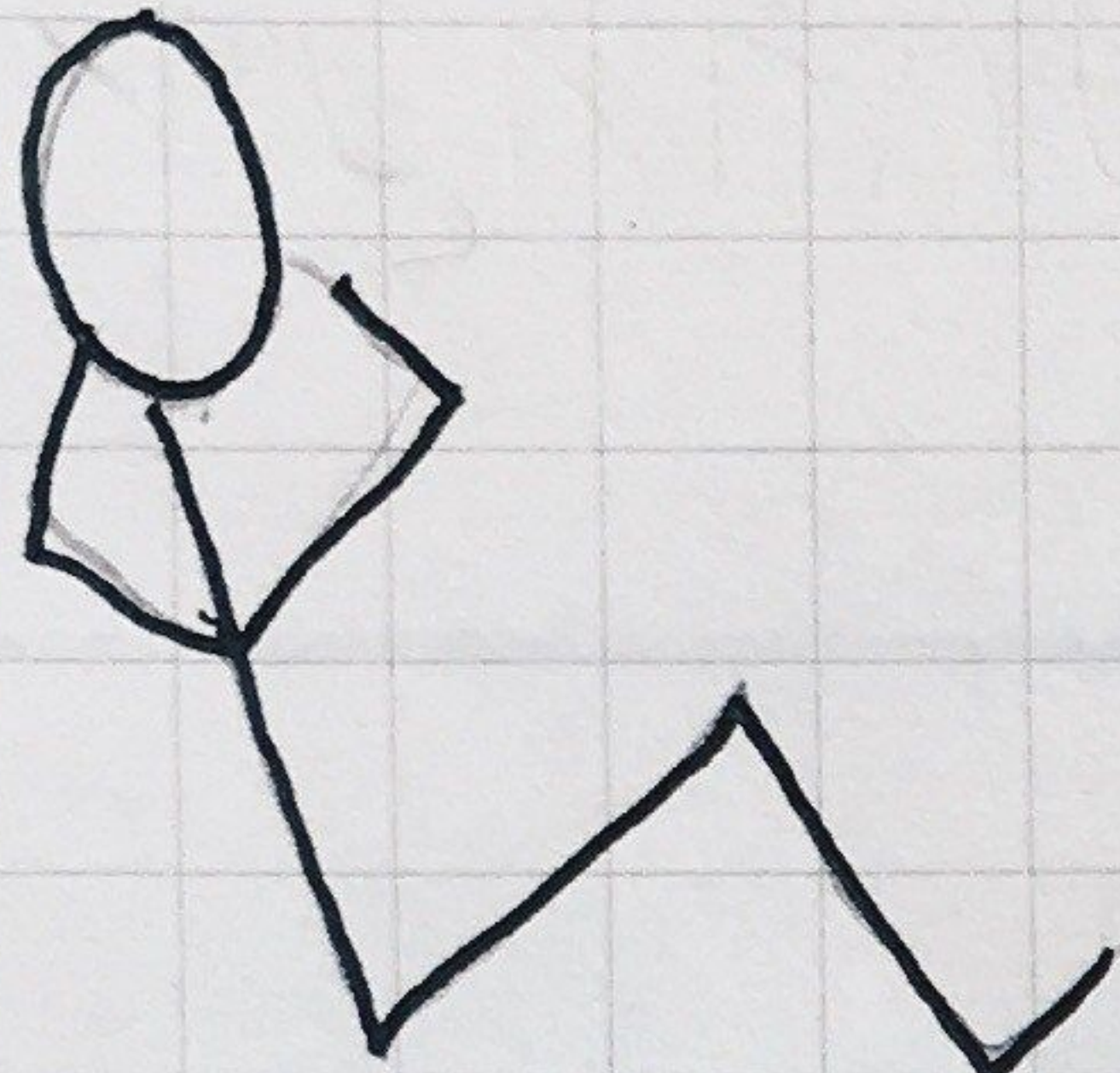
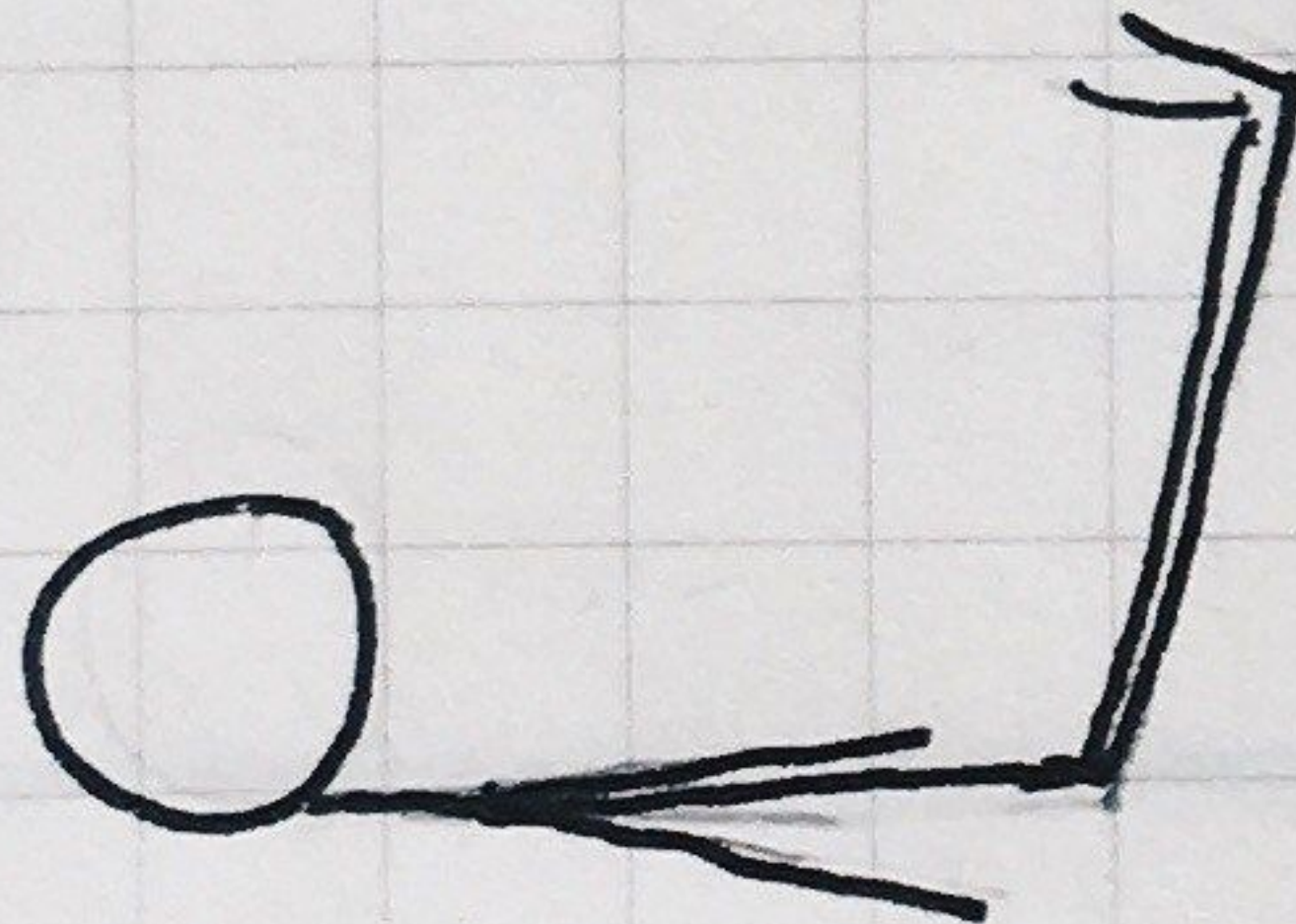


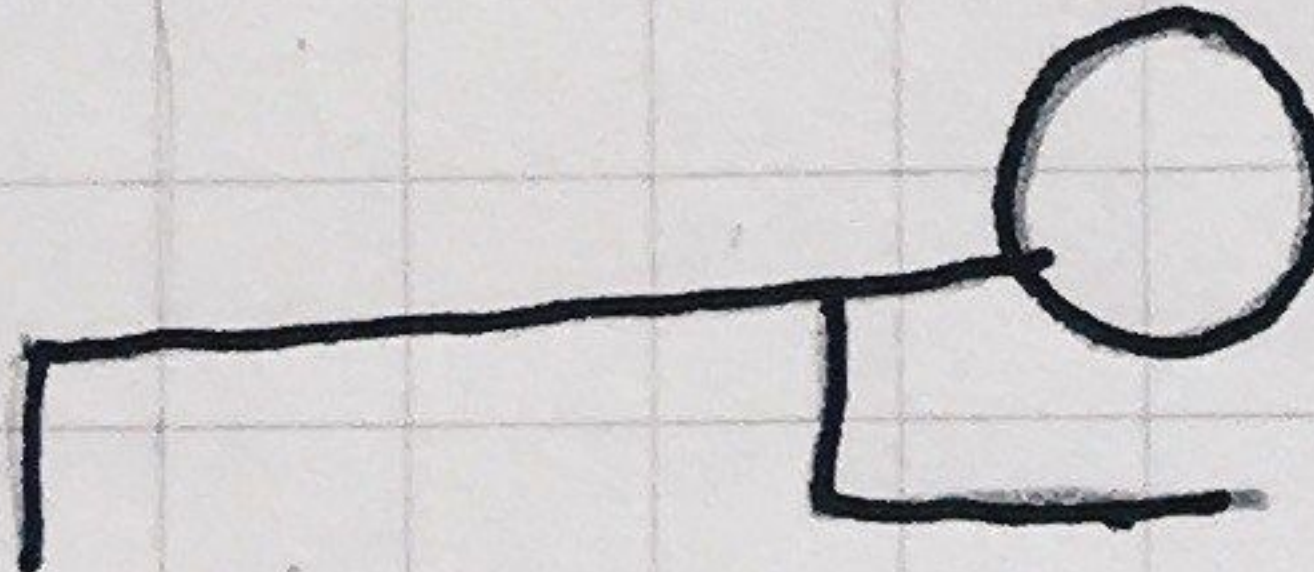
30-DAY

Abs CHALLENGE



CRUNCH 	15	20	25	30	35	40
	45	50	55	60	65	70
	75	80	85	90	95	100
	105	110	115	120	125	130
	135	140	145	150	155	160

LEG RAISE 	6	8	10	12	14	16
	18	20	22	24	26	28
	30	32	34	36	38	40
	42	44	46	48	50	52
	54	56	58	60	62	64

PLANK 	10 (sec)	15	20	25	30	35
	40	45	50	55	60	65
	70	75	80	85	90	95
	100	105	110	115	120	125
	130	135	140	145	150	155