30 DAY FLAT ABS Challenge

Reverse Crunch   **Double Leg Lift**   **Ankle Reach**   **Criss Cross**   **Roll Ups**

DAY 1
- ☐ **15** Reverse Crunch
- ☐ **15** Double Leg Lift
- ☐ **15** Ankle Reach
- ☐ **15** Criss Cross ea
- ☐ **15** Roll Up

DAY 2
- ☐ **16** Reverse Crunch
- ☐ **16** Double Leg Lift
- ☐ **16** Ankle Reach
- ☐ **16** Criss Cross ea
- ☐ **16** Roll Up

DAY 3
- ☐ **17** Reverse Crunch
- ☐ **17** Double Leg Lift
- ☐ **17** Ankle Reach
- ☐ **17** Criss Cross ea
- ☐ **17** Roll Up

DAY 4
- ☐ **18** Reverse Crunch
- ☐ **18** Double Leg Lift
- ☐ **18** Ankle Reach
- ☐ **18** Criss Cross ea
- ☐ **18** Roll Up

DAY 5
- ☐ **19** Reverse Crunch
- ☐ **19** Double Leg Lift
- ☐ **19** Ankle Reach
- ☐ **19** Criss Cross ea
- ☐ **19** Roll Up

DAY 6
- ☐ **20** Reverse Crunch
- ☐ **20** Double Leg Lift
- ☐ **20** Ankle Reach
- ☐ **20** Criss Cross ea
- ☐ **20** Roll Up

DAY 7
- ☐ **21** Reverse Crunch
- ☐ **21** Double Leg Lift
- ☐ **21** Ankle Reach
- ☐ **21** Criss Cross ea
- ☐ **21** Roll Up

DAY 8
- ☐ **22** Reverse Crunch
- ☐ **22** Double Leg Lift
- ☐ **22** Ankle Reach
- ☐ **22** Criss Cross ea
- ☐ **22** Roll Up

DAY 9
- ☐ **23** Reverse Crunch
- ☐ **23** Double Leg Lift
- ☐ **23** Ankle Reach
- ☐ **23** Criss Cross ea
- ☐ **23** Roll Up

DAY 10
- ☐ **24** Reverse Crunch
- ☐ **24** Double Leg Lift
- ☐ **24** Ankle Reach
- ☐ **24** Criss Cross ea
- ☐ **24** Roll Up

DAY 11
- ☐ **25** Reverse Crunch
- ☐ **25** Double Leg Lift
- ☐ **25** Ankle Reach
- ☐ **25** Criss Cross ea
- ☐ **25** Roll Up

DAY 12
- ☐ **26** Reverse Crunch
- ☐ **26** Double Leg Lift
- ☐ **26** Ankle Reach
- ☐ **26** Criss Cross ea
- ☐ **26** Roll Up

DAY 13
- ☐ **27** Reverse Crunch
- ☐ **27** Double Leg Lift
- ☐ **27** Ankle Reach
- ☐ **27** Criss Cross ea
- ☐ **27** Roll Up

DAY 14
- ☐ **28** Reverse Crunch
- ☐ **28** Double Leg Lift
- ☐ **28** Ankle Reach
- ☐ **28** Criss Cross ea
- ☐ **28** Roll Up

DAY 15
- ☐ **29** Reverse Crunch
- ☐ **29** Double Leg Lift
- ☐ **29** Ankle Reach
- ☐ **29** Criss Cross ea
- ☐ **29** Roll Up

DAY 16
- ☐ **30** Reverse Crunch
- ☐ **30** Double Leg Lift
- ☐ **30** Ankle Reach
- ☐ **30** Criss Cross ea
- ☐ **30** Roll Up

DAY 17
- ☐ **31** Reverse Crunch
- ☐ **31** Double Leg Lift
- ☐ **31** Ankle Reach
- ☐ **31** Criss Cross ea
- ☐ **31** Roll Up

DAY 18
- ☐ **32** Reverse Crunch
- ☐ **32** Double Leg Lift
- ☐ **32** Ankle Reach
- ☐ **32** Criss Cross ea
- ☐ **32** Roll Up

DAY 19
- ☐ **33** Reverse Crunch
- ☐ **33** Double Leg Lift
- ☐ **33** Ankle Reach
- ☐ **33** Criss Cross ea
- ☐ **33** Roll Up

DAY 20
- ☐ **34** Reverse Crunch
- ☐ **34** Double Leg Lift
- ☐ **34** Ankle Reach
- ☐ **34** Criss Cross ea
- ☐ **34** Roll Up

DAY 21
- ☐ **35** Reverse Crunch
- ☐ **35** Double Leg Lift
- ☐ **35** Ankle Reach
- ☐ **35** Criss Cross ea
- ☐ **35** Roll Up

DAY 22
- ☐ **36** Reverse Crunch
- ☐ **36** Double Leg Lift
- ☐ **36** Ankle Reach
- ☐ **36** Criss Cross ea
- ☐ **36** Roll Up

DAY 23
- ☐ **37** Reverse Crunch
- ☐ **37** Double Leg Lift
- ☐ **37** Ankle Reach
- ☐ **37** Criss Cross ea
- ☐ **37** Roll Up

DAY 24
- ☐ **38** Reverse Crunch
- ☐ **38** Double Leg Lift
- ☐ **38** Ankle Reach
- ☐ **38** Criss Cross ea
- ☐ **38** Roll Up

DAY 25
- ☐ **39** Reverse Crunch
- ☐ **39** Double Leg Lift
- ☐ **39** Ankle Reach
- ☐ **39** Criss Cross ea
- ☐ **39** Roll Up

DAY 26
- ☐ **40** Reverse Crunch
- ☐ **40** Double Leg Lift
- ☐ **40** Ankle Reach
- ☐ **40** Criss Cross ea
- ☐ **40** Roll Up

DAY 27
- ☐ **41** Reverse Crunch
- ☐ **41** Double Leg Lift
- ☐ **41** Ankle Reach
- ☐ **41** Criss Cross ea
- ☐ **41** Roll Up

DAY 28
- ☐ **42** Reverse Crunch
- ☐ **42** Double Leg Lift
- ☐ **42** Ankle Reach
- ☐ **42** Criss Cross ea
- ☐ **42** Roll Up

DAY 29
- ☐ **43** Reverse Crunch
- ☐ **43** Double Leg Lift
- ☐ **43** Ankle Reach
- ☐ **43** Criss Cross ea
- ☐ **43** Roll Up

DAY 30
- ☐ **44** Reverse Crunch
- ☐ **44** Double Leg Lift
- ☐ **44** Ankle Reach
- ☐ **44** Criss Cross ea
- ☐ **44** Roll Up

BLOGILATES