

30 Day Ab & Squat Challenge

1 50 SQUATS 15 SIT-UPS 5 CRUNCHES 5 LEG RAISES 10S PLANK	2 55 SQUATS 20 SIT-UPS 8 CRUNCHES 8 LEG RAISES 12S PLANK	3 60 SQUATS 25 SIT-UPS 10 CRUNCHES 10 LEG RAISES 15S PLANK	4 REST DAY!!!!	5 70 SQUATS 30 SIT-UPS 12 CRUNCHES 12 LEG RAISES 20S PLANK	6 75 SQUATS 35 SIT-UPS 15 CRUNCHES 15 LEG RAISES 25S PLANK	7 80 SQUATS 40 SIT-UPS 20 CRUNCHES 20 LEG RAISES 30S PLANK
8 REST DAY!!!!	9 100 SQUATS 45 SIT-UPS 30 CRUNCHES 30 LEG RAISES 35S PLANK	10 105 SQUATS 50 SIT-UPS 50 CRUNCHES 30 LEG RAISES 38S PLANK	11 110 SQUATS 55 SIT-UPS 65 CRUNCHES 33 LEG RAISES 42S PLANK	12 REST DAY!!!!	13 130 SQUATS 60 SIT-UPS 75 CRUNCHES 40 LEG RAISES 50S PLANK	14 135 SQUATS 65 SIT-UPS 85 CRUNCHES 42 LEG RAISES 55S PLANK
15 140 SQUATS 70 SIT-UPS 90 CRUNCHES 42 LEG RAISES 60S PLANK	16 REST DAY!!!!	17 150 SQUATS 75 SIT-UPS 100 CRUNCHES 45 LEG RAISES 65S PLANK	18 155 SQUATS 80 SIT-UPS 110 CRUNCHES 48 LEG RAISES 70S PLANK	19 160 SQUATS 85 SIT-UPS 120 CRUNCHES 50 LEG RAISES 75S PLANK	20 REST DAY!!!!	21 180 SQUATS 90 SIT-UPS 130 CRUNCHES 52 LEG RAISES 80S PLANK
22 185 SQUATS 95 SIT-UPS 140 CRUNCHES 55 LEG RAISES 85S PLANK	23 190 SQUATS 100 SIT-UPS 150 CRUNCHES 58 LEG RAISES 90S PLANK	24 REST DAY!!!!	25 220 SQUATS 105 SIT-UPS 160 CRUNCHES 60 LEG RAISES 95S PLANK	26 225 SQUATS 110 SIT-UPS 170 CRUNCHES 60 LEG RAISES 100S PLANK	27 230 SQUATS 115 SIT-UPS 180 CRUNCHES 62 LEG RAISES 110S PLANK	28 REST DAY!!!!
29 240 SQUATS 120 SIT-UPS 190 CRUNCHES 62 LEG RAISES 115S PLANK	30 250 SQUATS 125 SIT-UPS 200 CRUNCHES 65 LEG RAISES 120S PLANK	FOR AN ADDED CHALLENGE, DO 50 TRICEP DIPS EVERY DAY.				