

30

day

AB

Challenge

1 15 Sit-Ups 5 Crunches 5 Leg Raises 10s Planks	2 20 Sit-Ups 8 Crunches 8 Leg Raises 12s Planks	3 25 Sit-Ups 10 Crunches 10 Leg Raises 15s Planks	4 REST DAY	5 30 Sit-Ups 12 Crunches 12 Leg Raises 20s Planks	6 35 Sit-Ups 15 Crunches 15 Leg Raises 25s Planks
7 40 Sit-Ups 20 Crunches 20 Leg Raises 30s Planks	8 REST DAY	9 45 Sit-Ups 30 Crunches 30 Leg Raises 35s Planks	10 50 Sit-Ups 50 Crunches 30 Leg Raises 38s Planks	11 55 Sit-Ups 65 Crunches 33 Leg Raises 42s Planks	12 REST DAY
13 60 Sit-Ups 75 Crunches 40 Leg Raises 50s Planks	14 65 Sit-Ups 85 Crunches 42 Leg Raises 55s Planks	15 70 Sit-Ups 90 Crunches 42 Leg Raises 60s Planks	16 REST DAY	17 75 Sit-Ups 100 Crunches 45 Leg Raises 65s Planks	18 80 Sit-Ups 110 Crunches 48 Leg Raises 65s Planks
19 85 Sit-Ups 120 Crunches 50 Leg Raises 75s Planks	20 REST DAY	21 90 Sit-Ups 130 Crunches 52 Leg Raises 80s Planks	22 95 Sit-Ups 140 Crunches 55 Leg Raises 85s Planks	23 100 Sit-Ups 150 Crunches 58 Leg Raises 90s Planks	24 REST DAY
25 105 Sit-Ups 160 Crunches 60 Leg Raises 95s Planks	26 110 Sit-Ups 170 Crunches 60 Leg Raises 100s Planks	27 115 Sit-Ups 180 Crunches 62 Leg Raises 110s Planks	28 REST DAY	29 120 Sit-Ups 190 Crunches 62 Leg Raises 115s Planks	30 125 Sit-Ups 200 Crunches 65 Leg Raises 120s Planks

