

lower abs



30-DAY CHALLENGE

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1 8 leg circles 5 sets 30sec rest	2 8 leg raises 10-count hold 5 sets 30sec rest	3 8 leg circles 5 sets 30sec rest	4 8 leg raises 10-count hold 5 sets 30sec rest	5 10 leg circles 5 sets 30sec rest
6 10 leg raises 10-count hold 5 sets 30sec rest	7 10 leg circles 5 sets 30sec rest	8 10 leg raises 10-count hold 5 sets 30sec rest	9 12 leg circles 5 sets 30sec rest	10 12 leg raises 10-count hold 5 sets 30sec rest
11 12 leg circles 5 sets 30sec rest	12 12 leg raises 10-count hold 5 sets 30sec rest	13 14 leg circles 5 sets 30sec rest	14 14 leg raises 10-count hold 5 sets 30sec rest	15 14 leg circles 5 sets 30sec rest
16 14 leg raises 10-count hold 5 sets 30sec rest	17 16 leg circles 5 sets 30sec rest	18 16 leg raises 10-count hold 5 sets 30sec rest	19 16 leg circles 5 sets 30sec rest	20 16 leg raises 10-count hold 5 sets 30sec rest
21 18 leg circles 5 sets 30sec rest	22 18 leg raises 10-count hold 5 sets 30sec rest	23 18 leg circles 5 sets 30sec rest	24 18 leg raises 10-count hold 5 sets 30sec rest	25 20 leg circles 5 sets 30sec rest
26 20 leg raises 10-count hold 5 sets 30sec rest	27 20 leg circles 5 sets 30sec rest	28 20 leg raises 10-count hold 5 sets 30sec rest	29 22 leg circles 5 sets 30sec rest	30 22 leg raises 10-count hold 5 sets 30sec rest