

30 day ab challenge instructions:

1. Complete your exercises each day.
2. If you miss a day, skip it or make up for it on a rest day.
3. When you want to quit, remember why you started.

1 20 sit-ups 10 crunches 10 sec plank	2 25 sit-ups 15 crunches 20 sec plank	3 30 sit-ups 20 crunches 30 sec plank	4 REST	5 30 sit-ups 20 crunches 30 sec plank
6 35 sit-ups 25 crunches 30 sec plank 10 high/low boat	7 40 sit-ups 30 crunches 30 sec plank 10 high/low boat	8 REST	9 40 sit-ups 30 crunches 30 sec plank 10 high/low boat	10 45 sit-ups 35 crunches 30 sec plank 25 high/low boat
11 50 sit-ups 40 crunches 40 sec plank 25 high/low boat	12 REST	13 50 sit-ups 40 crunches 40 sec plank 25 high/low boat	14 55 sit-ups 45 crunches 50 sec plank 30 high/low boat	15 60 sit-ups 50 crunches 50 sec plank 30 high/low boat
16 REST	17 60 sit-ups 50 crunches 50 sec plank 30 high/low boat	18 65 sit-ups 55 crunches 60 sec plank 35 high/low boat	19 70 sit-ups 60 crunches 60 sec plank 35 high/low boat	20 REST
21 70 sit-ups 60 crunches 60 sec plank 35 high/low boat	22 75 sit-ups 65 crunches 60 sec plank 40 high/low boat	23 80 sit-ups 70 crunches 60 sec plank 50 high/low boat	24 REST	25 80 sit-ups 75 crunches 70 sec plank 50 high/low boat
26 85 sit-ups 80 crunches 70 sec plank 60 high/low boat	27 90 sit-ups 85 crunches 80 sec plank 70 high/low boat	28 REST	29 95 sit-ups 95 crunches 90 sec plank 80 high/low boat	30 100 sit-ups 100 crunches 100 sec plank 100 high/low boat