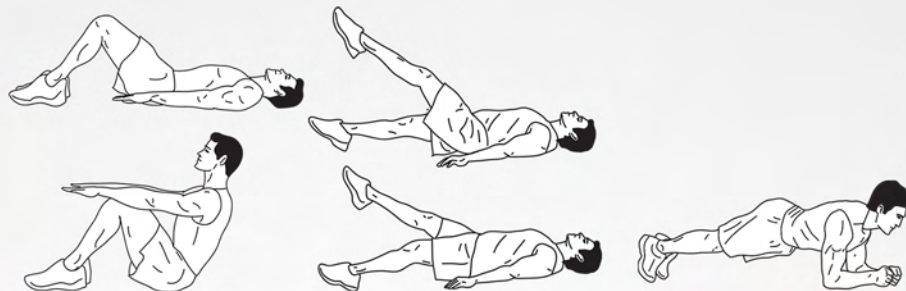


# ab



## 30-DAY CHALLENGE

split total reps  
into manageable sets

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|  |  |  |  |  |
|--|--|--|--|--|
| 1<br>10 sit-ups<br>20 flutter kicks<br>30sec plank       | 2<br>14 sit-ups<br>40 flutter kicks<br>40sec plank       | 3<br>16 sit-ups<br>60 flutter kicks<br>45sec plank       | 4<br>20 sit-ups<br>20 flutter kicks<br>20sec plank       | 5<br>24 sit-ups<br>80 flutter kicks<br>50sec plank       |
| 6<br>26 sit-ups<br>100 flutter kicks<br>1min plank       | 7<br>28 sit-ups<br>110 flutter kicks<br>1min10sec plank  | 8<br>20 sit-ups<br>20 flutter kicks<br>20sec plank       | 9<br>30 sit-ups<br>120 flutter kicks<br>1min20sec plank  | 10<br>32 sit-ups<br>130 flutter kicks<br>1min30sec plank |
| 11<br>34 sit-ups<br>140 flutter kicks<br>1min40sec plank | 12<br>20 sit-ups<br>20 flutter kicks<br>20sec plank      | 13<br>36 sit-ups<br>150 flutter kicks<br>1min45sec plank | 14<br>38 sit-ups<br>160 flutter kicks<br>1min50sec plank | 15<br>40 sit-ups<br>180 flutter kicks<br>2min plank      |
| 16<br>20 sit-ups<br>20 flutter kicks<br>20sec plank      | 17<br>42 sit-ups<br>190 flutter kicks<br>2min10sec plank | 18<br>44 sit-ups<br>200 flutter kicks<br>2min20sec plank | 19<br>46 sit-ups<br>210 flutter kicks<br>2min30sec plank | 20<br>20 sit-ups<br>20 flutter kicks<br>20sec plank      |
| 21<br>50 sit-ups<br>220 flutter kicks<br>2min40sec plank | 22<br>52 sit-ups<br>230 flutter kicks<br>2min50sec plank | 23<br>54 sit-ups<br>240 flutter kicks<br>3min plank      | 24<br>20 sit-ups<br>20 flutter kicks<br>20sec plank      | 25<br>60 sit-ups<br>250 flutter kicks<br>3min10sec plank |
| 26<br>62 sit-ups<br>260 flutter kicks<br>3min20sec plank | 27<br>64 sit-ups<br>280 flutter kicks<br>3min30sec plank | 28<br>20 sit-ups<br>20 flutter kicks<br>20sec plank      | 29<br>68 sit-ups<br>290 flutter kicks<br>3min40sec plank | 30<br>70 sit-ups<br>300 flutter kicks<br>4min plank      |