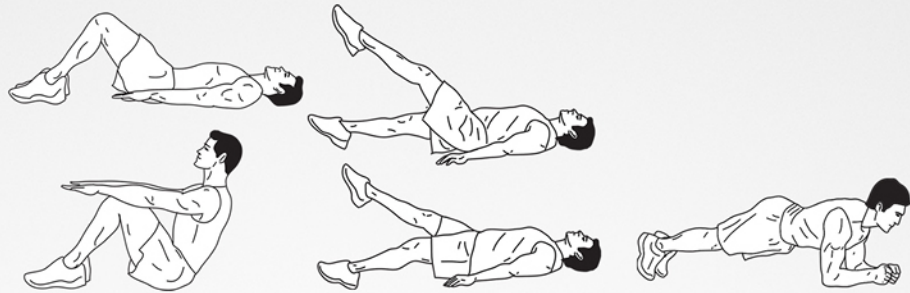


ab



30-DAY CHALLENGE

split total reps
into manageable sets

@ darebee.com

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