








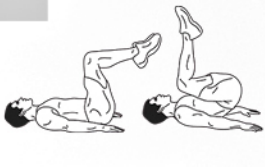











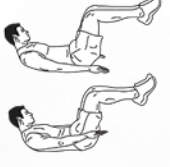


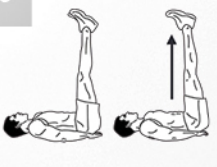

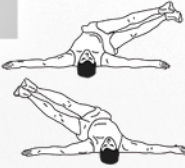





abs & core

30-Day Challenge

20 repetitions each
x 4 sets in total
20 seconds rest between sets

[@ darebee.com](http://darebee.com)

1  crunches	2  cross crunches	3  high crunches	4  flutter kicks	5  scissors
6  leg raises	7  raised leg circles	8  sit-ups	9  sitting twists	10  reverse crunches
11  half wipers	12  dead bug	13  butt-ups	14  side jackknives	15  knee crunches
16  crunch kicks	17  knee-to-elbows	18  butterfly sit-ups	19  long-arm crunches	20  folded crunches
21  side leg raises	22  hundreds	23  side bridges	24  infinity circles	25  pulse-ups
26  side-to-side tilts	27  windshield wipers	28  boat folds	29  knee-ins & twists	30  V-ups