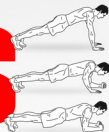


abs



Split total reps
into manageable
sets



ADVANCED 30-DAY CHALLENGE

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| | | | | |
|---|---|---|---|---|
| 1 80 sit-ups 80 sitting twists 40 leg raises | 2 120 sit-ups 120 sitting twists 60 leg raises | 3 140 sit-ups 140 sitting twists 70 leg raises | 4 80 up and down planks | 5 160 sit-ups 160 sitting twists 80 leg raises |
| 6 180 sit-ups 180 sitting twists 90 leg raises | 7 200 sit-ups 200 sitting twists 100 leg raises | 8 100 up and down planks | 9 220 sit-ups 220 sitting twists 110 leg raises | 10 240 sit-ups 240 sitting twists 120 leg raises |
| 11 280 sit-ups 280 sitting twists 140 leg raises | 12 120 up and down planks | 13 300 sit-ups 300 sitting twists 150 leg raises | 14 320 sit-ups 320 sitting twists 160 leg raises | 15 340 sit-ups 340 sitting twists 170 leg raises |
| 16 140 up and down planks | 17 360 sit-ups 360 sitting twists 180 leg raises | 18 380 sit-ups 380 sitting twists 190 leg raises | 19 400 sit-ups 400 sitting twists 200 leg raises | 20 160 up and down planks |
| 21 420 sit-ups 420 sitting twists 210 leg raises | 22 440 sit-ups 440 sitting twists 220 leg raises | 23 460 sit-ups 460 sitting twists 230 leg raises | 24 180 up and down planks | 25 500 sit-ups 500 sitting twists 250 leg raises |
| 26 520 sit-ups 520 sitting twists 260 leg raises | 27 540 sit-ups 540 sitting twists 270 leg raises | 28 200 up and down planks | 29 580 sit-ups 580 sitting twists 290 leg raises | 30 600 sit-ups 600 sitting twists 300 leg raises |