














abs & core

30-DAY CHALLENGE

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

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