

# abs



## LEVEL II 30-DAY CHALLENGE

Split total reps into manageable sets

1 40 sit-ups 60 flutter kicks 1min plank	2 50 sit-ups 80 flutter kicks 1min20sec plank	3 60 sit-ups 100 flutter kicks 1min plank x 2 sets	4 40 sit-ups 60 flutter kicks 1min plank	5 65 sit-ups 120 flutter kicks 1min40sec plank
6 70 sit-ups 140 flutter kicks 2min plank	7 75 sit-ups 160 flutter kicks 1min plank x 3 sets	8 40 sit-ups 60 flutter kicks 1min plank	9 80 sit-ups 180 flutter kicks 2min10sec plank	10 85 sit-ups 200 flutter kicks 2min20sec plank
11 90 sit-ups 220 flutter kicks 2min plank x 2 sets	12 40 sit-ups 60 flutter kicks 1min plank	13 95 sit-ups 240 flutter kicks 2min30sec plank	14 100 sit-ups 260 flutter kicks 2min40sec plank	15 105 sit-ups 280 flutter kicks 2min plank x 3 sets
16 40 sit-ups 60 flutter kicks 1min plank	17 110 sit-ups 300 flutter kicks 3min plank	18 115 sit-ups 320 flutter kicks 3min10sec plank	19 120 sit-ups 340 flutter kicks 2min plank x 3 sets	20 40 sit-ups 60 flutter kicks 1min plank
21 125 sit-ups 360 flutter kicks 3min20sec plank	22 130 sit-ups 380 flutter kicks 3min40sec plank	23 135 sit-ups 400 flutter kicks 2min plank x 3 sets	24 40 sit-ups 60 flutter kicks 1min plank	25 140 sit-ups 420 flutter kicks 4min plank
26 145 sit-ups 440 flutter kicks 4min20sec plank	27 150 sit-ups 460 flutter kicks 2min plank x 4 sets	28 40 sit-ups 60 flutter kicks 1min plank	29 155 sit-ups 480 flutter kicks 4min40sec plank	30 160 sit-ups 500 flutter kicks 5min plank