

# DAILY ABS



30-DAY CHALLENGE @ [darebee.com](https://darebee.com)

1 12 knee-ins 4 sets   30sec rest	2 12 knee crunches 4 sets   30sec rest	3 15sec raised legs hold 4 sets   30sec rest	4 14 knee-ins 4 sets   30sec rest	5 14 knee crunches 4 sets   30sec rest
6 15sec raised legs hold 4 sets   30sec rest	7 16 knee-ins 4 sets   30sec rest	8 16 knee crunches 4 sets   30sec rest	9 15sec raised legs hold 4 sets   30sec rest	10 18 knee-ins 4 sets   30sec rest
11 18 knee crunches 4 sets   30sec rest	12 20sec raised legs hold 4 sets   30sec rest	13 20 knee-ins 4 sets   30sec rest	14 20 knee crunches 4 sets   30sec rest	15 20sec raised legs hold 4 sets   30sec rest
16 22 knee-ins 4 sets   30sec rest	17 22 knee crunches 4 sets   30sec rest	18 20sec raised legs hold 4 sets   30sec rest	19 24 knee-ins 4 sets   30sec rest	20 24 knee crunches 4 sets   30sec rest
21 25sec raised legs hold 4 sets   30sec rest	22 26 knee-ins 4 sets   30sec rest	23 26 knee crunches 4 sets   30sec rest	24 25sec raised legs hold 4 sets   30sec rest	25 28 knee-ins 4 sets   30sec rest
26 28 knee crunches 4 sets   30sec rest	27 25sec raised legs hold 4 sets   30sec rest	28 30 knee-ins 4 sets   30sec rest	29 30 knee crunches 4 sets   30sec rest	30 30sec raised legs hold 4 sets   30sec rest