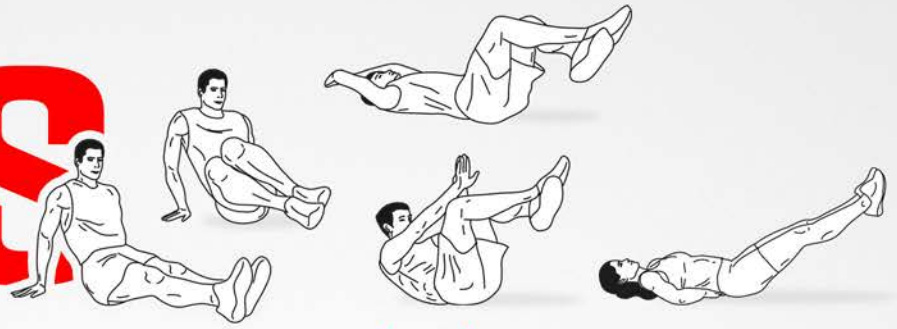


daily abs



30-DAY CHALLENGE

@ darebee.com

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