

abs



STANDING 30-DAY CHALLENGE

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1 20 knee-to-elbows 5 sets 30sec rest	2 10 side bends 10 twists 3 sets non-stop	3 20 knee-to-elbows 5 sets 30sec rest	4 10 side bends 10 twists 3 sets non-stop	5 22 knee-to-elbows 5 sets 30sec rest
6 12 side bends 12 twists 3 sets non-stop	7 22 knee-to-elbows 5 sets 30sec rest	8 12 side bends 12 twists 3 sets non-stop	9 24 knee-to-elbows 5 sets 30sec rest	10 14 side bends 14 twists 3 sets non-stop
11 24 knee-to-elbows 5 sets 30sec rest	12 14 side bends 14 twists 3 sets non-stop	13 26 knee-to-elbows 5 sets 30sec rest	14 16 side bends 16 twists 3 sets non-stop	15 26 knee-to-elbows 5 sets 30sec rest
16 16 side bends 16 twists 3 sets non-stop	17 28 knee-to-elbows 5 sets 30sec rest	18 18 side bends 18 twists 3 sets non-stop	19 28 knee-to-elbows 5 sets 30sec rest	20 18 side bends 18 twists 3 sets non-stop
21 30 knee-to-elbows 5 sets 30sec rest	22 20 side bends 20 twists 3 sets non-stop	23 30 knee-to-elbows 5 sets 30sec rest	24 20 side bends 20 twists 3 sets non-stop	25 32 knee-to-elbows 5 sets 30sec rest
26 22 side bends 22 twists 3 sets non-stop	27 32 knee-to-elbows 5 sets 30sec rest	28 22 side bends 22 twists 3 sets non-stop	29 34 knee-to-elbows 5 sets 30sec rest	30 24 side bends 24 twists 3 sets non-stop