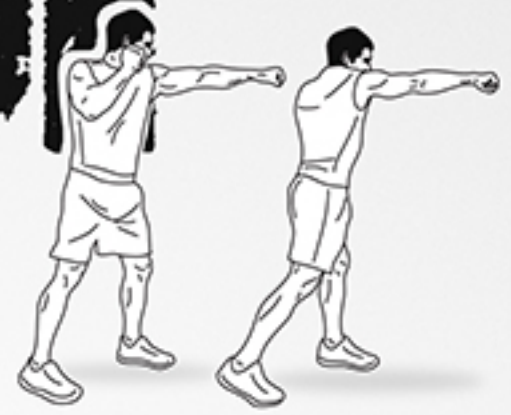


# Warrior



**abs**

30-DAY CHALLENGE  
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1 6 sit-up punches 12 sitting punches <b>5 sets</b>   30sec rest	2 1 min punches 1 min rest <b>5 sets</b>	3 6 sit-up punches 12 sitting punches <b>5 sets</b>   30sec rest	4 1 min punches 1 min rest <b>5 sets</b>	5 6 sit-up punches 12 sitting punches <b>5 sets</b>   30sec rest
6 1 min punches 1 min rest <b>5 sets</b>	7 7 sit-up punches 14 sitting punches <b>5 sets</b>   30sec rest	8 1 min punches 1 min rest <b>5 sets</b>	9 7 sit-up punches 14 sitting punches <b>5 sets</b>   30sec rest	10 1 min punches 1 min rest <b>5 sets</b>
11 7 sit-up punches 14 sitting punches <b>5 sets</b>   30sec rest	12 1 min punches 1 min rest <b>5 sets</b>	13 8 sit-up punches 16 sitting punches <b>5 sets</b>   30sec rest	14 1 min punches 1 min rest <b>5 sets</b>	15 8 sit-up punches 16 sitting punches <b>5 sets</b>   30sec rest
16 1 min punches 1 min rest <b>5 sets</b>	17 8 sit-up punches 16 sitting punches <b>5 sets</b>   30sec rest	18 1 min punches 1 min rest <b>5 sets</b>	19 9 sit-up punches 18 sitting punches <b>5 sets</b>   30sec rest	20 1 min punches 1 min rest <b>5 sets</b>
21 9 sit-up punches 18 sitting punches <b>5 sets</b>   30sec rest	22 1 min punches 1 min rest <b>5 sets</b>	23 9 sit-up punches 18 sitting punches <b>5 sets</b>   30sec rest	24 1 min punches 1 min rest <b>5 sets</b>	25 10 sit-up punches 20 sitting punches <b>5 sets</b>   30sec rest
26 1 min punches 1 min rest <b>5 sets</b>	27 10 sit-up punches 20 sitting punches <b>5 sets</b>   30sec rest	28 1 min punches 1 min rest <b>5 sets</b>	29 10 sit-up punches 20 sitting punches <b>5 sets</b>   30sec rest	30 1 min punches 1 min rest <b>5 sets</b>