{Fabulous&Fit's}

30 DAY AB & SQUAT CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						10 SIT UPS 10 CRUNCHES 25 SQUATS
2	3	4	5	6	7	8
20 SIT UPS 15 CRUNCHES 30 SQUATS	5 SIT UPS 20 CRUNCHES 35 SQUATS	10 SIT UPS 25 CRUNCHES 40 SQUATS	5 SIT UPS 10 CRUNCHES 20 SQUATS	15 SIT UPS 30 CRUNCHES 50 SQUATS	20 SIT UPS 35 CRUNCHES 55 SQUATS	30 SIT UPS 40 CRUNCHES 60 SQUATS
9	10	11	12	13	14 Flag Day	15
REST	10 SIT UPS 10 CRUNCHES 25 SQUATS	40 SIT UPS 50 CRUNCHES 65 SQUATS	45 SIT UPS 60 CRUNCHES 70 SQUATS	5 SIT UPS 5 CRUNCHES 5 SQUATS	10 SIT UPS 10 CRUNCHES 10 SQUATS	20 SIT UPS 20 CRUNCHES 20 SQUATS
16 Fathers Day	17	18	19	20	21 Summer Begins	22
25 SIT UPS 30 CRUNCHES 45 SQUATS	40 SIT UPS 50 CRUNCHES 60 SQUATS	REST	5 SIT UPS 5 CRUNCHES 5 SQUATS	10 SIT UPS 10 CRUNCHES 25 SQUATS	20 SIT UPS 15 CRUNCHES 35 SQUATS	25 SIT UPS 20 CRUNCHES 45 SQUATS
23	24	25	26	27	28	29
10 SIT UPS 40 CRUNCHES 55 SQUATS	5 SIT UPS 50 CRUNCHES 65 SQUATS	15 SIT UPS 60 CRUNCHES 75 SQUATS	20 SIT UPS 70 CRUNCHES 85 SQUATS	REST	25 SIT UPS 80 CRUNCHES 95 SQUATS	30 SIT UPS 90 CRUNCHES 100 SQUATS
30						
5 SIT UPS 100 CRUNCHES 5 SQUATS						

FACEBOOK.COM/FABULOUSANDDFIT

WARNING: I AM NOT A REGISTERED OR CERTIFIED FITNESS PROFESSIONAL.
DOING THIS CHALLENGE IS AT YOUR OWN RISK.
PLEASE REMEMBER TO STAY HYDRATED, DRINKING ATLEAST 8 CUPS OF WATER EACH DAY.