

1 15 CRUNCHES 5 LEG RAISES 10S PLANK	2 20 CRUNCHES 8 LEG RAISES 12S PLANK	3 25 CRUNCHES 10 LEG RAISES 15S PLANK	4 30 CRUNCHES 12 LEG RAISES 20S PLANK	5 REST DAY	6 35 CRUNCHES 15 LEG RAISES 25S PLANK	7 40 CRUNCHES 20 LEG RAISES 30S PLANK
8 45 CRUNCHES 30 LEG RAISES 35S PLANK	9 50 CRUNCHES 30 LEG RAISES 38S PLANK	10 REST DAY	11 55 CRUNCHES 33 LEG RAISES 42S PLANK	12 60 CRUNCHES 40 LEG RAISES 50S PLANK	13 65 CRUNCHES 42 LEG RAISES 55S PLANK	14 70 CRUNCHES 42 LEG RAISES 60S PLANK
15 REST DAY	16 75 CRUNCHES 42 LEG RAISES 60S PLANK	17 80 CRUNCHES 45 LEG RAISES 62S PLANK	18 85 CRUNCHES 48 LEG RAISES 64S PLANK	19 90 CRUNCHES 50 LEG RAISES 70S PLANK	20 REST DAY	21 95 CRUNCHES 52 LEG RAISES 72S PLANK
22 100 CRUNCHES 55 LEG RAISES 72S PLANK	23 105 CRUNCHES 58 LEG RAISES 74S PLANK	24 110 CRUNCHES 60 LEG RAISES 76S PLANK	25 REST DAY	26 115 CRUNCHES 60 LEG RAISES 78S PLANK	27 120 CRUNCHES 62 LEG RAISES 80S PLANK	28 125 CRUNCHES 62 LEG RAISES 82S PLANK
29 130 CRUNCHES 62 LEG RAISES 85S PLANK	30 135 CRUNCHES 65 LEG RAISES 90 PLANK	<div>  <h1>30-DAY AB CHALLENGE</h1>   </div>				