

30-day Ab Challenge

Day 1	15 situps	5 crunches	5 leg raises	10s plank
Day 2	20 situps	8 crunches	8 leg raises	12s plank
Day 3	25 situps	10 crunches	10 leg raises	15s plank
Day 4	rest day			
Day 5	30 situps	12 crunches	12 leg raises	20s plank
Day 6	35 situps	15 crunches	15 leg raises	25s plank
Day 7	40 situps	20 crunches	20 leg raises	30s plank
Day 8	rest day			
Day 9	45 situps	30 crunches	30 leg raises	35s plank
Day 10	50 situps	50 crunches	30 leg raises	38s plank
Day 11	55 situps	65 crunches	33 leg raises	42s plank
Day 12	rest day			
Day 13	60 situps	75 crunches	40 leg raises	50s plank
Day 14	65 situps	85 crunches	42 leg raises	55s plank
Day 15	70 situps	90 crunches	42 leg raises	60s plank
Day 16	rest day			
Day 17	75 situps	100 crunches	45 leg raises	65s plank
Day 18	80 situps	110 crunches	48 leg raises	70s plank
Day 19	85 situps	120 crunches	50 leg raises	75s plank
Day 20	rest day			
Day 21	90 situps	130 crunches	52 leg raises	80s plank
Day 22	95 situps	140 crunches	55 leg raises	85s plank
Day 23	100 situps	150 crunches	58 leg raises	90s plank
Day 24	rest day			
Day 25	105 situps	160 crunches	60 leg raises	95s plank
Day 26	110 situps	170 crunches	60 leg raises	100s plank
Day 27	115 situps	180 crunches	62 leg raises	110s plank
Day 28	rest day			
Day 29	120 situps	190 crunches	62 leg raises	115s plank
Day 30	125 situps	200 crunches	65 leg raises	120s plank