

30 Day Ab Challenge

Printable by AbWorkoutsForWomen.com

Day 1	15 Sit Ups 5 Crunches 5 Leg Raises 10 Sec Plank
Day 2	20 Sit Ups 8 Crunches 8 Leg Raises 15 Sec Plank
Day 3	25 Sit Ups 10 Crunches 10 Leg Raises 15 Sec Plank
Day 4	Rest Day
Day 5	30 Sit Ups 12 Crunches 12 Leg Raises 20 Sec Plank
Day 6	35 Sit Ups 15 Crunches 15 Leg Raises 25 Sec Plank
Day 7	40 Sit Ups 20 Crunches 20 Leg Raises 30 Sec Plank
Day 8	Rest Day
Day 9	45 Sit Ups 30 Crunches 30 Leg Raises 38 Sec Plank
Day 10	50 Sit Ups 50 Crunches 30 Leg Raises 38 Sec Plank
Day 11	55 Sit Ups 65 Crunches 33 Leg Raises 42 Sec Plank
Day 12	Rest Day
Day 13	60 Sit Ups 75 Crunches 40 Leg Raises 50 Sec Plank
Day 14	65 Sit Ups 85 Crunches 42 Leg Raises 55 Sec Plank
Day 15	70 Sit Ups - 95 Crunches 42 Leg Raises - 60 Sec Plank

Day 16	Rest Day
Day 17	75 Sit Ups 100 Crunches 42 Leg Raises 65 Sec Plank
Day 18	80 Sit Ups 110 Crunches 48 Leg Raises 70 Sec Plank
Day 19	45 Sit Ups 30 Crunches 30 Leg Raises 38 Sec Plank
Day 20	Rest Day
Day 21	90 Sit Ups 130 Crunches 52 Leg Raises 80 Sec Plank
Day 22	95 Sit Ups 140 Crunches 55 Leg Raises 85 Sec Plank
Day 23	100 Sit Ups 150 Crunches 58 Leg Raises 90 Sec Plank
Day 24	Rest Day
Day 25	105 Sit Ups 160 Crunches 60 Leg Raises 95 Sec Plank
Day 26	4110 Sit Ups 170 Crunches 60 Leg Raises 100 Sec Plank
Day 27	115 Sit Ups 180 Crunches 62 Leg Raises 110 Sec Plank
Day 28	Rest Day
Day 29	120 Sit Ups 190 Crunches 62 Leg Raises 115 Sec Plank
Day 30	125 Sit Ups 200 Crunches 65 Leg Raises 120 Sec Plank

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