

30-DAY ABS CHALLENGE

ATTENTION!

CONSULT YOUR TRAINER BEFORE STARTING THIS CHALLENGE
STOP DOING IT ONCE YOU FEEL YOU'RE GOING TO HURT YOUR BODY

01

15 X SIT-UPS
5 X CRUNCHES
5 X LEG RAISES
10 S PLANKS

02

20 X SIT-UPS
8 X CRUNCHES
8 X LEG RAISES
12 S PLANKS

03

25 X SIT-UPS
10 X CRUNCHES
10 X LEG RAISES
15 S PLANKS

04

REST DAY

05

30 X SIT-UPS
12 X CRUNCHES
12 X LEG RAISES
20 S PLANKS

06

35 X SIT-UPS
15 X CRUNCHES
15 X LEG RAISES
25 S PLANKS

07

40 X SIT-UPS
20 X CRUNCHES
20 X LEG RAISES
30 S PLANKS

08

REST DAY

09

45 X SIT-UPS
30 X CRUNCHES
25 X LEG RAISES
35 S PLANKS

10

50 X SIT-UPS
50 X CRUNCHES
30 X LEG RAISES
38 S PLANKS

11

55 X SIT-UPS
65 X CRUNCHES
33 X LEG RAISES
42 S PLANKS

12

REST DAY

13

60 X SIT-UPS
75 X CRUNCHES
40 X LEG RAISES
50 S PLANKS

14

65 X SIT-UPS
85 X CRUNCHES
42 X LEG RAISES
55 S PLANKS

15

70 X SIT-UPS
90 X CRUNCHES
43 X LEG RAISES
60 S PLANKS

16

REST DAY

17

75 X SIT-UPS
100 X CRUNCHES
45 X LEG RAISES
65 S PLANKS

18

80 X SIT-UPS
110 X CRUNCHES
48 X LEG RAISES
70 S PLANKS

19

85 X SIT-UPS
120 X CRUNCHES
50 X LEG RAISES
75 S PLANKS

20

REST DAY

21

90 X SIT-UPS
130 X CRUNCHES
52 X LEG RAISES
80 S PLANKS

22

95 X SIT-UPS
140 X CRUNCHES
55 X LEG RAISES
85 S PLANKS

23

100 X SIT-UPS
150 X CRUNCHES
58 X LEG RAISES
90 S PLANKS

24

REST DAY

25

105 X SIT-UPS
160 X CRUNCHES
60 X LEG RAISES
95 S PLANKS

26

110 X SIT-UPS
170 X CRUNCHES
62 X LEG RAISES
100 S PLANKS

27

115 X SIT-UPS
180 X CRUNCHES
62 X LEG RAISES
110 S PLANKS

28

REST DAY

29

120 X SIT-UPS
190 X CRUNCHES
62 X LEG RAISES
115 S PLANKS

30

125 X SIT-UPS
200 X CRUNCHES
65 X LEG RAISES
120 S PLANKS

X = TIMES
S = SECONDS

SIT-UP



CRUNCH



LEG RAISE



PLANK



30 Day Abs Challenge

R Sandford



30 Day Abs Challenge:

The Top Books of the Year 30 Day Abs Challenge The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. 30 Day Abs Challenge : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. 30 Day Abs Challenge : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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