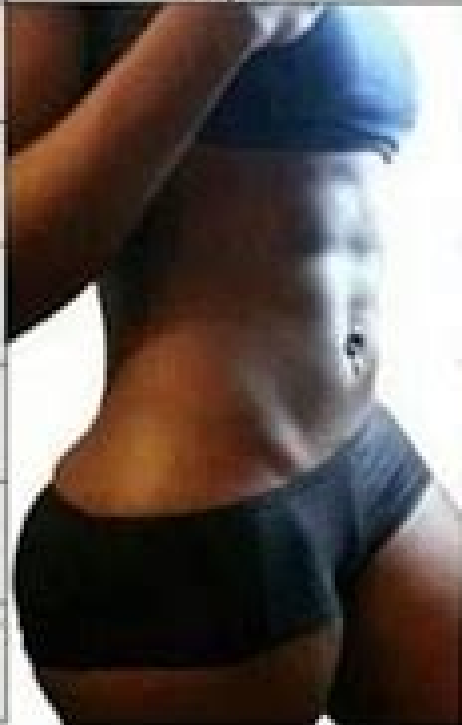


BRAZEN FIT 24-DAYS AB CHALLENGE

DAYS 1-6	DAYS 7-12	 	DAYS 8-18	DAYS 9-24
5 crunches 5 leg raises 10 sec plank	20 crunches 20 leg raises 30 sec plank		75 crunches 40 leg raises 50 sec plank	120 crunches 50 leg raises 75 sec plank
8 crunches 8 leg raises 12 sec plank	Abs-So-Tightly Right! rest day		85 crunches 42 leg raises 55 sec plank	Abs-So-Tightly Right! rest day
10 crunches 10 leg raises 15 sec plank	30 crunches 30 leg raises 35 sec plank		90 crunches 42 leg raises 60 sec plank	130 crunches 62 leg raises 80 sec plank
Abs-So-Tightly Right! rest day	50 crunches 50 leg raises 38 sec plank		Abs-So-Tightly Right! rest day	140 crunches 55 leg raises 85 sec plank
12 crunches 12 leg raises 20 sec plank	65 crunches 33 leg raises 42 sec plank		100 crunches 45 leg raises 65 sec plank	150 crunches 68 leg raises 90 sec plank
15 crunches 15 leg raises 25 sec plank	Abs-So-Tightly Right! rest day		110 crunches 48 leg raises 70 sec plank	Abs-So-Tightly Right! rest day



CRUNCHES



LEG RAISES



PLANK

30 Day Brazen Ab Challenge

Yijin Wang



30 Day Brazen Ab Challenge:

Imperial Heights Eric T. Jennings, 2011-04-08 Intended as a reminder of Europe for soldiers and clerks of the empire the city of Dalat located in the hills of Southern Vietnam was built by the French in an alpine locale that reminded them of home This book uncovers the strange 100 year history of a colonial city that was conceived as a center of power and has now become a kitsch tourist destination famed for its colonial villas flower beds pristine lakes and pastoral landscapes Eric T Jennings finds that from its very beginning Dalat embodied the paradoxes of colonialism it was a city of leisure built on the backs of thousands of coolies a supposed paragon of hygiene that offered only questionable protection from disease and a new venture into ethnic relations that ultimately backfired Jennings fascinating history opens a new window onto virtually all aspects of French Indochina from architecture and urban planning to violence labor m tissage health and medicine gender and ethic relations schooling religion comportments anxieties and more *Turf, Field and Farm* ,1866 **Purchas His Pilgrimes** Samuel Purchas,1626 **The Leader** ,1855 **Congressional Record** United States. Congress,1977 **Live Stock Journal** ,1892 Christian Advocate ,1923 **Purchas His Pilgrimage. Or Relations of the Vworld and the Religions Obserued in All Ages and Places Discouered, from the Creation Vnto this Present** Samuel Purchas,1626 **Liaison** ,1918 Chronicle of the Horse ,1984-10

Unveiling the Magic of Words: A Review of "**30 Day Brazen Ab Challenge**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**30 Day Brazen Ab Challenge**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

https://legacy.tortoisemedia.com/results/Resources/HomePages/Ultimate_Guide_Music_Learning.pdf

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30 Day Brazen Ab Challenge Introduction

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