



30 Day Challenge

Level 1 / Beginner

Day 1	Day 2	Day 3	Day 4	Day 5
8 Sit-ups 7 Sit-ups 5 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	10 Sit-ups 8 Sit-ups 6 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	12 Sit-ups 10 Sit-ups 8 Sit-ups
Day 6	Day 7	Day 8	Day 9	Day 10
Cat-Cow Stretch Cobra Stretch Child's Pose	Rest Day	14 Sit-ups 12 Sit-ups 9 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	16 Sit-ups 13 Sit-ups 10 Sit-ups
Day 11	Day 12	Day 13	Day 14	Day 15
Cat-Cow Stretch Cobra Stretch Child's Pose	18 Sit-ups 15 Sit-ups 11 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	Rest Day	20 Sit-ups 16 Sit-ups 12 Sit-ups
Day 16	Day 17	Day 18	Day 19	Day 20
Cat-Cow Stretch Cobra Stretch Child's Pose	22 Sit-ups 18 Sit-ups 14 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	24 Sit-ups 20 Sit-ups 15 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 21	Day 22	Day 23	Day 24	Day 25
Rest Day	26 Sit-ups 21 Sit-ups 16 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	28 Sit-ups 23 Sit-ups 17 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
30 Sit-ups 24 Sit-ups 18 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	Rest Day	32 Sit-ups 26 Sit-ups 20 Sit-ups	40 Sit-ups

