



30 Day Challenge

Level 3 / Advanced

Day 1	Day 2	Day 3	Day 4	Day 5
16 Sit-ups 13 Sit-ups 10 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	20 Sit-ups 16 Sit-ups 12 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	24 Sit-ups 20 Sit-ups 15 Sit-ups
Day 6	Day 7	Day 8	Day 9	Day 10
Cat-Cow Stretch Cobra Stretch Child's Pose	Rest Day	28 Sit-ups 23 Sit-ups 17 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	32 Sit-ups 26 Sit-ups 20 Sit-ups
Day 11	Day 12	Day 13	Day 14	Day 15
Cat-Cow Stretch Cobra Stretch Child's Pose	36 Sit-ups 29 Sit-ups 22 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	Rest Day	40 Sit-ups 32 Sit-ups 24 Sit-ups
Day 16	Day 17	Day 18	Day 19	Day 20
Cat-Cow Stretch Cobra Stretch Child's Pose	44 Sit-ups 36 Sit-ups 27 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	48 Sit-ups 39 Sit-ups 29 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 21	Day 22	Day 23	Day 24	Day 25
Rest Day	52 Sit-ups 42 Sit-ups 32 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	56 Sit-ups 45 Sit-ups 34 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
60 Sit-ups 48 Sit-ups 36 Sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	Rest Day	64 Sit-ups 52 Sit-ups 39 Sit-ups	80 Sit-ups

