



30 Day Challenge

Level 4A / EXPERT

Day 1	Day 2	Day 3	Day 4	Day 5
20 Ab-mat sit-ups 16 Ab-mat sit-ups 12 Ab-mat sit-ups	24 Ab-mat sit-ups 19 Ab-mat sit-ups 14 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	24 Ab-mat sit-ups 19 Ab-mat sit-ups 14 Ab-mat sit-ups	28 Ab-mat sit-ups 22 Ab-mat sit-ups 17 Ab-mat sit-ups
Day 6	Day 7	Day 8	Day 9	Day 10
Cat-Cow Stretch Cobra Stretch Child's Pose	31 Ab-mat sit-ups 25 Ab-mat sit-ups 19 Ab-mat sit-ups	35 Ab-mat sit-ups 28 Ab-mat sit-ups 21 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	39 Ab-mat sit-ups 31 Ab-mat sit-ups 24 Ab-mat sit-ups
Day 11	Day 12	Day 13	Day 14	Day 15
43 Ab-mat sit-ups 34 Ab-mat sit-ups 26 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	46 Ab-mat sit-ups 37 Ab-mat sit-ups 28 Ab-mat sit-ups	50 Ab-mat sit-ups 40 Ab-mat sit-ups 31 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 16	Day 17	Day 18	Day 19	Day 20
54 Ab-mat sit-ups 43 Ab-mat sit-ups 33 Ab-mat sit-ups	58 Ab-mat sit-ups 46 Ab-mat sit-ups 35 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	61 Ab-mat sit-ups 49 Ab-mat sit-ups 38 Ab-mat sit-ups	65 Ab-mat sit-ups 52 Ab-mat sit-ups 40 Ab-mat sit-ups
Day 21	Day 22	Day 23	Day 24	Day 25
Cat-Cow Stretch Cobra Stretch Child's Pose	69 Ab-mat sit-ups 55 Ab-mat sit-ups 42 Ab-mat sit-ups	73 Ab-mat sit-ups 58 Ab-mat sit-ups 45 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	76 Ab-mat sit-ups 61 Ab-mat sit-ups 47 Ab-mat sit-ups
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
78 Ab-mat sit-ups 64 Ab-mat sit-ups 49 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	80 Ab-mat sit-ups 67 Ab-mat sit-ups 52 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	100 Ab-mat sit-ups

