



30 Day Challenge

Level 4B / EXPERT

Day 1	Day 2	Day 3	Day 4	Day 5
25 Ab-mat sit-ups 20 Ab-mat sit-ups 15 Ab-mat sit-ups	30 Ab-mat sit-ups 24 Ab-mat sit-ups 18 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	30 Ab-mat sit-ups 24 Ab-mat sit-ups 18 Ab-mat sit-ups	35 Ab-mat sit-ups 28 Ab-mat sit-ups 22 Ab-mat sit-ups
Day 6	Day 7	Day 8	Day 9	Day 10
Cat-Cow Stretch Cobra Stretch Child's Pose	39 Ab-mat sit-ups 32 Ab-mat sit-ups 24 Ab-mat sit-ups	44 Ab-mat sit-ups 35 Ab-mat sit-ups 27 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	49 Ab-mat sit-ups 39 Ab-mat sit-ups 30 Ab-mat sit-ups
Day 11	Day 12	Day 13	Day 14	Day 15
54 Ab-mat sit-ups 43 Ab-mat sit-ups 33 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	58 Ab-mat sit-ups 47 Ab-mat sit-ups 35 Ab-mat sit-ups	63 Ab-mat sit-ups 50 Ab-mat sit-ups 39 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 16	Day 17	Day 18	Day 19	Day 20
68 Ab-mat sit-ups 54 Ab-mat sit-ups 42 Ab-mat sit-ups	73 Ab-mat sit-ups 58 Ab-mat sit-ups 44 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	77 Ab-mat sit-ups 62 Ab-mat sit-ups 48 Ab-mat sit-ups	82 Ab-mat sit-ups 65 Ab-mat sit-ups 50 Ab-mat sit-ups
Day 21	Day 22	Day 23	Day 24	Day 25
Cat-Cow Stretch Cobra Stretch Child's Pose	87 Ab-mat sit-ups 69 Ab-mat sit-ups 53 Ab-mat sit-ups	92 Ab-mat sit-ups 73 Ab-mat sit-ups 57 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	95 Ab-mat sit-ups 77 Ab-mat sit-ups 59 Ab-mat sit-ups
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
98 Ab-mat sit-ups 80 Ab-mat sit-ups 62 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	100 Ab-mat sit-ups 84 Ab-mat sit-ups 65 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	125 Ab-mat sit-ups

