



30 Day Challenge

Level 4C / EXPERT

Day 1	Day 2	Day 3	Day 4	Day 5
30 Ab-mat sit-ups 24 Ab-mat sit-ups 18 Ab-mat sit-ups	36 Ab-mat sit-ups 29 Ab-mat sit-ups 21 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	36 Ab-mat sit-ups 29 Ab-mat sit-ups 21 Ab-mat sit-ups	42 Ab-mat sit-ups 33 Ab-mat sit-ups 26 Ab-mat sit-ups
Day 6	Day 7	Day 8	Day 9	Day 10
Cat-Cow Stretch Cobra Stretch Child's Pose	47 Ab-mat sit-ups 38 Ab-mat sit-ups 29 Ab-mat sit-ups	53 Ab-mat sit-ups 42 Ab-mat sit-ups 32 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	59 Ab-mat sit-ups 47 Ab-mat sit-ups 36 Ab-mat sit-ups
Day 11	Day 12	Day 13	Day 14	Day 15
65 Ab-mat sit-ups 51 Ab-mat sit-ups 39 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	69 Ab-mat sit-ups 56 Ab-mat sit-ups 42 Ab-mat sit-ups	75 Ab-mat sit-ups 60 Ab-mat sit-ups 47 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 16	Day 17	Day 18	Day 19	Day 20
81 Ab-mat sit-ups 65 Ab-mat sit-ups 50 Ab-mat sit-ups	87 Ab-mat sit-ups 69 Ab-mat sit-ups 53 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	92 Ab-mat sit-ups 74 Ab-mat sit-ups 57 Ab-mat sit-ups	98 Ab-mat sit-ups 78 Ab-mat sit-ups 60 Ab-mat sit-ups
Day 21	Day 22	Day 23	Day 24	Day 25
Cat-Cow Stretch Cobra Stretch Child's Pose	104 Ab-mat sit-ups 83 Ab-mat sit-ups 63 Ab-mat sit-ups	110 Ab-mat sit-ups 87 Ab-mat sit-ups 68 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	114 Ab-mat sit-ups 92 Ab-mat sit-ups 71 Ab-mat sit-ups
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
117 Ab-mat sit-ups 96 Ab-mat sit-ups 74 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	120 Ab-mat sit-ups 101 Ab-mat sit-ups 78 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	150 Ab-mat sit-ups

