



30 Day Challenge

Level 5A / PRO

Day 1	Day 2	Day 3	Day 4	Day 5
35 Ab-mat sit-ups 28 Ab-mat sit-ups 21 Ab-mat sit-ups	42 Ab-mat sit-ups 34 Ab-mat sit-ups 25 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	42 Ab-mat sit-ups 34 Ab-mat sit-ups 25 Ab-mat sit-ups	49 Ab-mat sit-ups 39 Ab-mat sit-ups 30 Ab-mat sit-ups
Day 6	Day 7	Day 8	Day 9	Day 10
Cat-Cow Stretch Cobra Stretch Child's Pose	55 Ab-mat sit-ups 44 Ab-mat sit-ups 34 Ab-mat sit-ups	62 Ab-mat sit-ups 49 Ab-mat sit-ups 37 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	69 Ab-mat sit-ups 55 Ab-mat sit-ups 42 Ab-mat sit-ups
Day 11	Day 12	Day 13	Day 14	Day 15
76 Ab-mat sit-ups 60 Ab-mat sit-ups 46 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	81 Ab-mat sit-ups 65 Ab-mat sit-ups 49 Ab-mat sit-ups	88 Ab-mat sit-ups 70 Ab-mat sit-ups 55 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 16	Day 17	Day 18	Day 19	Day 20
95 Ab-mat sit-ups 76 Ab-mat sit-ups 58 Ab-mat sit-ups	102 Ab-mat sit-ups 81 Ab-mat sit-ups 62 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	107 Ab-mat sit-ups 86 Ab-mat sit-ups 67 Ab-mat sit-ups	114 Ab-mat sit-ups 91 Ab-mat sit-ups 70 Ab-mat sit-ups
Day 21	Day 22	Day 23	Day 24	Day 25
Cat-Cow Stretch Cobra Stretch Child's Pose	121 Ab-mat sit-ups 97 Ab-mat sit-ups 74 Ab-mat sit-ups	128 Ab-mat sit-ups 102 Ab-mat sit-ups 79 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	133 Ab-mat sit-ups 107 Ab-mat sit-ups 83 Ab-mat sit-ups
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
137 Ab-mat sit-ups 112 Ab-mat sit-ups 86 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	140 Ab-mat sit-ups 118 Ab-mat sit-ups 91 Ab-mat sit-ups	Cat-Cow Stretch Cobra Stretch Child's Pose	175 Ab-mat sit-ups

