



# 30 Day Challenge

## Level 5B / PRO

| Day 1                                                         | Day 2                                                         | Day 3                                                          | Day 4                                                        | Day 5                                                         |
|---------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------|
| 40 Ab-mat sit-ups<br>32 Ab-mat sit-ups<br>24 Ab-mat sit-ups   | 48 Ab-mat sit-ups<br>38 Ab-mat sit-ups<br>28 Ab-mat sit-ups   | Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose               | 48 Ab-mat sit-ups<br>38 Ab-mat sit-ups<br>28 Ab-mat sit-ups  | 56 Ab-mat sit-ups<br>44 Ab-mat sit-ups<br>34 Ab-mat sit-ups   |
| Day 6                                                         | Day 7                                                         | Day 8                                                          | Day 9                                                        | Day 10                                                        |
| Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose              | 62 Ab-mat sit-ups<br>50 Ab-mat sit-ups<br>38 Ab-mat sit-ups   | 70 Ab-mat sit-ups<br>56 Ab-mat sit-ups<br>42 Ab-mat sit-ups    | Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose             | 78 Ab-mat sit-ups<br>62 Ab-mat sit-ups<br>48 Ab-mat sit-ups   |
| Day 11                                                        | Day 12                                                        | Day 13                                                         | Day 14                                                       | Day 15                                                        |
| 86 Ab-mat sit-ups<br>68 Ab-mat sit-ups<br>52 Ab-mat sit-ups   | Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose              | 92 Ab-mat sit-ups<br>74 Ab-mat sit-ups<br>56 Ab-mat sit-ups    | 100 Ab-mat sit-ups<br>80 Ab-mat sit-ups<br>62 Ab-mat sit-ups | Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose              |
| Day 16                                                        | Day 17                                                        | Day 18                                                         | Day 19                                                       | Day 20                                                        |
| 108 Ab-mat sit-ups<br>86 Ab-mat sit-ups<br>66 Ab-mat sit-ups  | 116 Ab-mat sit-ups<br>92 Ab-mat sit-ups<br>70 Ab-mat sit-ups  | Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose               | 122 Ab-mat sit-ups<br>98 Ab-mat sit-ups<br>76 Ab-mat sit-ups | 130 Ab-mat sit-ups<br>104 Ab-mat sit-ups<br>80 Ab-mat sit-ups |
| Day 21                                                        | Day 22                                                        | Day 23                                                         | Day 24                                                       | Day 25                                                        |
| Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose              | 138 Ab-mat sit-ups<br>110 Ab-mat sit-ups<br>84 Ab-mat sit-ups | 146 Ab-mat sit-ups<br>116 Ab-mat sit-ups<br>90 Ab-mat sit-ups  | Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose             | 152 Ab-mat sit-ups<br>122 Ab-mat sit-ups<br>94 Ab-mat sit-ups |
| Day 26                                                        | Day 27                                                        | Day 28                                                         | Day 29                                                       | Day 30 !!!                                                    |
| 156 Ab-mat sit-ups<br>128 Ab-mat sit-ups<br>98 Ab-mat sit-ups | Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose              | 160 Ab-mat sit-ups<br>134 Ab-mat sit-ups<br>104 Ab-mat sit-ups | Cat-Cow Stretch<br>Cobra Stretch<br>Child's Pose             | 200 Ab-mat sit-ups                                            |

