



30 Day Challenge

Level 5C / PRO

Day 1	Day 2	Day 3	Day 4	Day 5
45 Ab-mat sit-up 36 Ab-mat sit-up 27 Ab-mat sit-up	54 Ab-mat sit-up 43 Ab-mat sit-up 32 Ab-mat sit-up	Cat-Cow Stretch Cobra Stretch Child's Pose	54 Ab-mat sit-up 43 Ab-mat sit-up 32 Ab-mat sit-up	63 Ab-mat sit-up 50 Ab-mat sit-up 39 Ab-mat sit-up
Day 6	Day 7	Day 8	Day 9	Day 10
Cat-Cow Stretch Cobra Stretch Child's Pose	70 Ab-mat sit-up 57 Ab-mat sit-up 43 Ab-mat sit-up	79 Ab-mat sit-up 63 Ab-mat sit-up 48 Ab-mat sit-up	Cat-Cow Stretch Cobra Stretch Child's Pose	88 Ab-mat sit-up 70 Ab-mat sit-up 54 Ab-mat sit-up
Day 11	Day 12	Day 13	Day 14	Day 15
97 Ab-mat sit-up 77 Ab-mat sit-up 59 Ab-mat sit-up	Cat-Cow Stretch Cobra Stretch Child's Pose	104 Ab-mat sit-up 84 Ab-mat sit-up 63 Ab-mat sit-up	113 Ab-mat sit-up 90 Ab-mat sit-up 70 Ab-mat sit-up	Cat-Cow Stretch Cobra Stretch Child's Pose
Day 16	Day 17	Day 18	Day 19	Day 20
122 Ab-mat sit-up 97 Ab-mat sit-up 75 Ab-mat sit-up	131 Ab-mat sit-up 104 Ab-mat sit-up 79 Ab-mat sit-up	Cat-Cow Stretch Cobra Stretch Child's Pose	138 Ab-mat sit-up 111 Ab-mat sit-up 86 Ab-mat sit-up	147 Ab-mat sit-up 117 Ab-mat sit-up 90 Ab-mat sit-up
Day 21	Day 22	Day 23	Day 24	Day 25
Cat-Cow Stretch Cobra Stretch Child's Pose	156 Ab-mat sit-up 124 Ab-mat sit-up 95 Ab-mat sit-up	165 Ab-mat sit-up 131 Ab-mat sit-up 102 Ab-mat sit-up	Cat-Cow Stretch Cobra Stretch Child's Pose	171 Ab-mat sit-up 138 Ab-mat sit-up 106 Ab-mat sit-up
Day 26	Day 27	Day 28	Day 29	Day 30 !!!
176 Ab-mat sit-up 144 Ab-mat sit-up 111 Ab-mat sit-up	Cat-Cow Stretch Cobra Stretch Child's Pose	180 Ab-mat sit-up 151 Ab-mat sit-up 117 Ab-mat sit-up	Cat-Cow Stretch Cobra Stretch Child's Pose	225 Ab-mat sit-up

