

30 Days Ab Challenge Exercises

<p>Day 1</p> <p>10 sit-ups 20 flutter kicks 30sec plank</p>	<p>Day 2</p> <p>14 sit-ups 40 flutter kicks 40sec plank</p>	<p>Day 3</p> <p>16 sit-ups 60 flutter kicks 45sec plank</p>	<p>Day 4</p> <p>20 sit-ups 20 flutter kicks 20sec plank</p>	<p>Day 5</p> <p>24 sit-ups 80 flutter kicks 50sec plank</p>	<p>Day 6</p> <p>26 sit-ups 100 flutter kicks 1min plank</p>
<p>Day 7</p> <p>28 sit-ups 110 flutter kicks 1min10sec plank</p>	<p>Day 8</p> <p>20 sit-ups 20 flutter kicks 20sec plank</p>	<p>Day 9</p> <p>30 sit-ups 120 flutter kicks 1min20sec plank</p>	<p>Day 10</p> <p>34 sit-ups 140 flutter kicks 1min40sec plank</p>	<p>Day 11</p> <p>32 sit-ups 130 flutter kicks 1min30sec plank</p>	<p>Day 12</p> <p>20 sit-ups 20 flutter kicks 20sec plank</p>
<p>Day 13</p> <p>36 sit-ups 150 flutter kicks 1min45sec plank</p>	<p>Day 14</p> <p>38 sit-ups 160 flutter kicks 1min50sec plank</p>	<p>Day 15</p> <p>40 sit-ups 180 flutter kicks 2min plank</p>	<p>Day 16</p> <p>20 sit-ups 20 flutter kicks 20sec plank</p>	<p>Day 17</p> <p>42 sit-ups 190 flutter kicks 2min10sec plank</p>	<p>Day 18</p> <p>44 sit-ups 200 flutter kicks 2min20sec plank</p>
<p>Day 19</p> <p>46 sit-ups 210 flutter kicks 2min30sec plank</p>	<p>Day 20</p> <p>20 sit-ups 20 flutter kicks 20sec plank</p>	<p>Day 21</p> <p>50 sit-ups 220 flutter kicks 2min40sec plank</p>	<p>Day 22</p> <p>52 sit-ups 230 flutter kicks 2min50sec plank</p>	<p>Day 23</p> <p>54 sit-ups 240 flutter kicks 3min plank</p>	<p>Day 24</p> <p>20 sit-ups 20 flutter kicks 20sec plank</p>
<p>Day 25</p> <p>60 sit-ups 250 flutter kicks 3min10sec plank</p>	<p>Day 26</p> <p>62 sit-ups 260 flutter kicks 3min20sec plank</p>	<p>Day 27</p> <p>64 sit-ups 280 flutter kicks 3min30sec plank</p>	<p>Day 28</p> <p>20 sit-ups 20 flutter kicks 20sec plank</p>	<p>Day 29</p> <p>68 sit-ups 290 flutter kicks 3min40sec plank</p>	<p>Day 30</p> <p>70 sit-ups 300 flutter kicks 4min plank</p>