

# 30 Day Ab Challenge

**DAY 1:**

5 Sit Ups  
5 Crunch w/  
Chop  
5 In and Outs  
15 Secs Plank

**DAY 2:**

10 Sit Ups  
10 Crunch w/  
Chop  
10 In and Outs  
15 Secs Plank

**DAY 3:**

15 Sit Ups  
15 Crunch w/  
Chop  
15 In and Outs  
15 Secs Plank

**DAY 4:**

REST DAY

**DAY 5:**

20 Sit Ups  
20 Crunch w/  
Chop  
20 In and Outs  
30 Secs Plank

**DAY 6:**

25 Sit Ups  
25 Crunch w/  
Chop  
25 In and Outs  
30 Secs Plank

**DAY 7:**

30 Sit Ups  
30 Crunch w/  
Chop  
30 In and Outs  
30 Secs Plank

**DAY 8:**

REST DAY

**DAY 9:**

35 Sit Ups  
35 Crunch w/  
Chop  
35 In and Outs  
45 Secs Plank

**DAY 10:**

40 Sit Ups  
40 Crunch w/  
Chop  
40 In and Outs  
45 Secs Plank

**DAY 11:**

45 Sit Ups  
45 Crunch w/  
Chop  
45 In and Outs  
45 Secs Plank

**DAY 12:**

REST DAY

**DAY 13:**

50 Sit Ups  
50 Crunch w/  
Chop  
50 In and Outs  
1 Minute Plank

**DAY 14:**

55 Sit Ups  
55 Crunch w/  
Chop  
55 In and Outs  
1 Minute Plank

**DAY 15:**

60 Sit Ups  
60 Crunch w/  
Chop  
60 In and Outs  
1 Minute Plank

**DAY 16:**

REST DAY

**DAY 17:**

65 Sit Ups  
65 Crunch w/  
Chop  
65 In and Outs  
1 Minute 15 Secs  
Plank

**DAY 18:**

70 Sit Ups  
70 Crunch w/  
Chop  
70 In and Outs  
1 Minute 15 Secs  
Plank

**DAY 19:**

75 Sit Ups  
75 Crunch w/  
Chop  
75 In and Outs  
1 Minute 15 Secs  
Plank

**DAY 20:**

REST DAY

**DAY 21:**

80 Sit Ups  
80 Crunch w/  
Chop  
80 In and Outs  
1 Minute 30 Secs  
Plank

**DAY 22:**

85 Sit Ups  
85 Crunch w/  
Chop  
85 In and Outs  
1 Minute 30 Secs  
Plank

**DAY 23:**

90 Sit Ups  
90 Crunch w/  
Chop  
90 In and Outs  
1 Minute 30 Secs  
Plank

**DAY 24:**

REST DAY

**DAY 25:**

95 Sit Ups  
95 Crunch w/  
Chop  
95 In and Outs  
1 Minute 45 Secs  
Plank

**DAY 26:**

100 Sit Ups  
100 Crunch w/  
Chop  
100 In and Outs  
1 Minute 45 Secs  
Plank

**DAY 27:**

105 Sit Ups  
105 Crunch w/  
Chop  
105 In and Outs  
1 Minute 45 Secs  
Plank

**DAY 28:**

REST DAY

**DAY 29:**

110 Sit Ups  
110 Crunch w/  
Chop  
110 In and Outs  
2 Minute Plank

**DAY 30:**

115 Sit Ups  
115 Crunch w/  
Chop  
115 In and Outs  
2 Minute Plank

