



30 Day Ab & Squat Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 Sit-up's 10 Crunches 25 Squats	2 20 Sit-up's 15 Crunches 30 Squats	3 5 Sit-up's 20 Crunches 35 Squats	4 10 Sit-up's 25 Crunches 40 Squats	5 5 Sit-up's 10 Crunches 20 Squats	6 15 Sit-up's 30 Crunches 50 Squats	7 20 Sit-up's 35 Crunches 55 Squats
8 30 Sit-up's 40 Crunches 60 Squats	9 Rest Day	10 10 Sit-up's 10 Crunches 25 Squats	11 40 Sit-up's 50 Crunches 65 Squats	12 45 Sit-up's 60 Crunches 70 Squats	13 5 Sit-up's 5 Crunches 5 Squats	14 10 Sit-up's 10 Crunches 10 Squats
15 20 Sit-up's 30 Crunches 20 Squats	16 25 Sit-up's 30 Crunches 45 Squats	17 40 Sit-up's 50 Crunches 60 Squats	18 Rest Day	19 5 Sit-up's 5 Crunches 5 Squats	20 10 Sit-up's 10 Crunches 25 Squats	21 20 Sit-up's 15 Crunches 35 Squats
22 20 Sit-up's 25 Crunches 45 Squats	23 10 Sit-up's 40 Crunches 55 Squats	24 10 Sit-up's 50 Crunches 65 Squats	25 15 Sit-up's 60 Crunches 60 Squats	26 20 Sit-up's 70 Crunches 85 Squats	27 Rest Day	28 25 Sit-up's 80 Crunches 95 Squats
29 30 Sit-up's 90 Crunches 95 Squats	30 40 Sit-up's 100 Crunches 100 Squats	31 Challenge Completed!	Interested in participating in our 30 Day Ab & Squat Challenge? Complete daily task, push yourself to new limits, and see results!			