30 DAY AB & SQUAT CHALLENGE

www.30dayfitnesschallenges.com



DAY 1	10 SIT UPS / 10 CRUNCHES 25 SQUATS
DAY 2	20 SIT UPS / 15 CRUNCHES 30 SQUATS
DAY 3	5 SIT UPS / 20 CRUNCHES 35 SQUATS
DAY 4	10 SIT UPS / 25 CRUNCHES 40 SQUATS
DAY 5	5 SIT UPS / 10 CRUNCHES 20 SQUATS
DAY 6	15 SIT UPS / 30 CRUNCHES 50 SQUATS
DAY 7	20 SIT UPS / 35 CRUNCHES 55 SQUATS
DAY 8	30 SIT UPS / 40 CRUNCHES 60 SQUATS
DAY 9	REST DAY
DAY 10	10 SIT UPS / 10 CRUNCHES 25 SQUATS
DAY 11	40 SIT UP / 50 CRUNCHES 65 SQUATS
DAY 12	45 SIT UPS / 60 CRUNCHES 70 SQUATS
DAY 13	5 SIT UPS / 5 CRUNCHES 5 SQUATS
DAY 14	10 SIT UPS / 10 CRUNCHES 10 SQUATS
DAY 15	20 SIT UPS / 30 CRUNCHES 20 SQUATS
DAY 16	25 SIT UPS / 30 CRUNCHES 45 SQUATS
DAY 17	40 SIT UPS / 50 CRUNCHES 60 SQUATS
DAY 18	REST DAY
DAY 19	5 SIT UPS / 5 CRUNCHES 5 SQUATS
DAY 20	10 SIT UPS / 10 CRUNCHES 25 SQUATS
DAY 21	20 SIT UPS / 15 CRUNCHES 35 SQUATS
DAY 22	20 SIT UPS / 25 CRUNCHES 45 SQUATS
DAY 23	10 SIT UPS / 40 CRUNCHES 55 SQUATS
DAY 24	10 SIT UPS / 50 CRUNCHES 65 SQUATS
DAY 25	15 SIT UPS / 60 CRUNCHES 65 SQUATS
DAY 26	20 SIT UP / 70 CRUNCHES 85 SQUATS
DAY 27	REST DAY
DAY 28	25 SIT UPS / 80 CRUNCHES 95 SQUATS
DAY 29	30 SIT UPS / 90 CRUNCHES 95 SQUATS
DAY 30	40 SIT UPS / 100 CRUNCHES 100 SQUATS