


31 DAY ABS CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY 1 <input type="checkbox"/> 5 Sit Ups <input type="checkbox"/> 10 Crunches <input type="checkbox"/> 10 Second Plank	DAY 2 <input type="checkbox"/> 10 Bicycles <input type="checkbox"/> 10 Toe Touches <input type="checkbox"/> 10 Second Plank	Day 3 <input type="checkbox"/> 6 Sit Ups <input type="checkbox"/> 12 Crunches <input type="checkbox"/> 10 Second Plank	DAY 4 <input type="checkbox"/> 12 Bicycles <input type="checkbox"/> 12 Toe Touches <input type="checkbox"/> 10 Second Plank	DAY 5 <input type="checkbox"/> 8 Sit Ups <input type="checkbox"/> 15 Crunches <input type="checkbox"/> 15 Second Plank	DAY 6 <input type="checkbox"/> 16 Bicycles <input type="checkbox"/> 15 Toe Touches <input type="checkbox"/> 15 Second Plank	DAY 7 REST DAY*
DAY 8 <input type="checkbox"/> 10 Twist Sit Ups <input type="checkbox"/> 15 Crunches <input type="checkbox"/> 20 Second Plank	DAY 9 <input type="checkbox"/> 20 Bicycles <input type="checkbox"/> 20 Toe Touches <input type="checkbox"/> 20 Second Plank	DAY 10 <input type="checkbox"/> 12 Twist Sit Ups <input type="checkbox"/> 16 Crunches <input type="checkbox"/> 20 Second Plank	DAY 11 <input type="checkbox"/> 22 Bicycles <input type="checkbox"/> 22 Toe Touches <input type="checkbox"/> 20 Second Plank	DAY 12 <input type="checkbox"/> 14 Twist Sit Ups <input type="checkbox"/> 18 Crunches <input type="checkbox"/> 20 Second Plank	DAY 13 <input type="checkbox"/> 24 Bicycles <input type="checkbox"/> 24 Toe Touches <input type="checkbox"/> 22 Second Plank	DAY 14 REST DAY*
DAY 15 <input type="checkbox"/> 10 Sit Ups <input type="checkbox"/> 10 Twist Sit Ups <input type="checkbox"/> 25 Second Plank	DAY 16 <input type="checkbox"/> 10 Reverse Crunches <input type="checkbox"/> 30 Toe Touches <input type="checkbox"/> 25 Second Plank	DAY 17 <input type="checkbox"/> 12 Sit Ups <input type="checkbox"/> 12 Twist Sit Ups <input type="checkbox"/> 25 Second Plank	DAY 18 <input type="checkbox"/> 30 Crunches <input type="checkbox"/> 30 Toe Touches <input type="checkbox"/> 25 Second Plank	DAY 19 <input type="checkbox"/> 30 Bicycles <input type="checkbox"/> 12 Twist Sit Ups <input type="checkbox"/> 27 Second Plank	DAY 20 <input type="checkbox"/> 15 Sit Ups <input type="checkbox"/> 32 Crunches <input type="checkbox"/> 27 Second Plank	DAY 21 REST DAY*
DAY 22 <input type="checkbox"/> 15 Sit Ups <input type="checkbox"/> 35 Crunches <input type="checkbox"/> 30 Second Plank	DAY 23 <input type="checkbox"/> 30 Bicycles <input type="checkbox"/> 20 Russian twists <input type="checkbox"/> 30 Second Plank	DAY 24 <input type="checkbox"/> 16 Sit Ups <input type="checkbox"/> 16 Twist Sit Ups <input type="checkbox"/> 30 Second Plank	DAY 25 <input type="checkbox"/> 15 Reverse Crunches <input type="checkbox"/> 35 Toe Touches <input type="checkbox"/> 30 Second Plank	DAY 26 <input type="checkbox"/> 16 Sit Ups <input type="checkbox"/> 36 Crunches <input type="checkbox"/> 32 Second Plank	DAY 27 <input type="checkbox"/> 32 Bicycles <input type="checkbox"/> 36 Toe Touches <input type="checkbox"/> 32 Second Plank	DAY 28 REST DAY*
DAY 29 <input type="checkbox"/> 18 Sit Ups <input type="checkbox"/> 18 Twist Sit Ups <input type="checkbox"/> 35 Second Plank <input type="checkbox"/> Bonus: 10 Second Side Plank (each side)	DAY 30 <input type="checkbox"/> 18 Reverse Crunches <input type="checkbox"/> 34 Bicycles <input type="checkbox"/> 35 Second Plank <input type="checkbox"/> Bonus: 22 Russian Twists	DAY 31 <input type="checkbox"/> 20 Sit Ups <input type="checkbox"/> 40 Crunches <input type="checkbox"/> 35 Second Plank <input type="checkbox"/> Bonus: 40 Toe Touches	 <p>Life beyond the scale</p>			

Bonus = Active Rest Day: 35-45 Minutes of LISS