

30 DAY AB & SQUAT CHALLENGE

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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

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