

# 30 DAY ABS CHALLENGE

[www.30dayfitnesschallenges.com](http://www.30dayfitnesschallenges.com)

**DAY 1** 15 SIT UPS / 5 CRUNCHES  
5 LEG RAISES / 10 SEC PLANK

**DAY 2** 20 SIT UPS / 8 CRUNCHES  
8 LEG RAISES / 12 SEC PLANK

**DAY 3** 25 SIT UPS / 10 CRUNCHES  
10 LEG RAISES / 15 SEC PLANK

**DAY 4** REST DAY

**DAY 5** 30 SIT UPS / 12 CRUNCHES  
12 LEG RAISES / 20 SEC PLANK

**DAY 6** 35 SIT UPS / 15 CRUNCHES  
15 LEG RAISES / 25 SEC PLANK

**DAY 7** 40 SIT UPS / 20 CRUNCHES  
20 LEG RAISES / 30 SEC PLANK

**DAY 8** REST DAY

**DAY 9** 45 SIT UPS / 30 CRUNCHES  
30 LEG RAISES / 38 SEC PLANK

**DAY 10** 50 SIT UPS / 50 CRUNCHES  
30 LEG RAISES / 38 SEC PLANK

**DAY 11** 55 SIT UPS / 65 CRUNCHES  
33 LEG RAISES / 42 SEC PLANK

**DAY 12** REST DAY

**DAY 13** 60 SIT UPS / 75 CRUNCHES  
40 LEG RAISES / 50 SEC PLANK

**DAY 14** 65 SIT UPS / 85 CRUNCHES  
42 LEG RAISES / 55 SEC PLANK

**DAY 15** 70 SIT UPS / 95 CRUNCHES  
42 LEG RAISES / 60 SEC PLANK

**DAY 16** REST DAY

**DAY 17** 75 SIT UPS / 100 CRUNCHES  
42 LEG RAISES / 65 SEC PLANK

**DAY 18** 80 SIT UPS / 110 CRUNCHES  
48 LEG RAISES / 70 SEC PLANK

**DAY 19** 85 SIT UPS / 120 CRUNCHES  
50 LEG RAISES / 75 SEC PLANK

**DAY 20** REST DAY

**DAY 21** 90 SIT UPS / 130 CRUNCHES  
52 LEG RAISES / 80 SEC PLANK

**DAY 22** 95 SIT UPS / 140 CRUNCHES  
55 LEG RAISES / 85 SEC PLANK

**DAY 23** 100 SIT UPS / 150 CRUNCHES  
58 LEG RAISES / 90 SEC PLANK

**DAY 24** REST DAY

**DAY 25** 105 SIT UPS / 160 CRUNCHES  
60 LEG RAISES / 95 SEC PLANK

**DAY 26** 110 SIT UPS / 170 CRUNCHES  
60 LEG RAISES / 100 SEC PLANK

**DAY 27** 115 SIT UPS / 180 CRUNCHES  
62 LEG RAISES / 110 SEC PLANK

**DAY 28** REST DAY

**DAY 29** 120 SIT UPS / 190 CRUNCHES  
62 LEG RAISES / 115 SEC PLANK

**DAY 30** 125 SIT UPS / 200 CRUNCHES  
65 LEG RAISES / 120 SEC PLANK