

30 DAY AB CHALLENGE

#YFITNESS

DAY 1: 30 CRUNCHES

DAY 2: 45 SEC PLANK

DAY 3: 60 SUPERMANS

DAY 4: 90 CRUNCHES

DAY 5: 105 BICYCLES

DAY 6: REST

DAY 7: 150 CRUNCHES

DAY 8: 75 SEC PLANK

DAY 9: 50 V·UPS

DAY 10: 125 CRUNCHES

DAY 11: 80 SEC PLANK

DAY 12: REST

DAY 13: 150 BICYCLES

DAY 14: 70 V·UPS

DAY 15: 95 SUPERMANS

DAY 16: 175 CRUNCHES

DAY 17: 45 SEC PLANK

DAY 18: 95 SIDE TWISTS

DAY 19: REST

DAY 20: 200 CRUNCHES

DAY 21: 80 V·UPS

DAY 22: 175 BICYCLES

DAY 23: 90 SEC PLANK

DAY 24: 250 CRUNCHES

DAY 25: 120 SIDETWISTS

DAY 26: REST

DAY 27: 100 V·UPS

DAY 28: 120 SEC PLANK

DAY 29: 200 BICYCLES

DAY 30: 300 CRUNCHES