

abs



30-DAY CHALLENGE @ darebee.com

Split total reps into manageable sets

1 10 sit-ups 20 flutter kicks 30sec plank	2 14 sit-ups 40 flutter kicks 40sec plank	3 16 sit-ups 60 flutter kicks 45sec plank	4 20 sit-ups 20 flutter kicks 20sec plank	5 24 sit-ups 80 flutter kicks 50sec plank
6 26 sit-ups 100 flutter kicks 1min plank	7 28 sit-ups 110 flutter kicks 1min10sec plank	8 20 sit-ups 20 flutter kicks 20sec plank	9 30 sit-ups 120 flutter kicks 1min20sec plank	10 32 sit-ups 130 flutter kicks 1min30sec plank
11 34 sit-ups 140 flutter kicks 1min40sec plank	12 20 sit-ups 20 flutter kicks 20sec plank	13 36 sit-ups 150 flutter kicks 1min45sec plank	14 38 sit-ups 160 flutter kicks 1min50sec plank	15 40 sit-ups 180 flutter kicks 2min plank
16 20 sit-ups 20 flutter kicks 20sec plank	17 42 sit-ups 190 flutter kicks 2min10sec plank	18 44 sit-ups 200 flutter kicks 2min20sec plank	19 46 sit-ups 210 flutter kicks 2min30sec plank	20 20 sit-ups 20 flutter kicks 20sec plank
21 50 sit-ups 220 flutter kicks 2min40sec plank	22 52 sit-ups 230 flutter kicks 2min50sec plank	23 54 sit-ups 240 flutter kicks 3min plank	24 20 sit-ups 20 flutter kicks 20sec plank	25 60 sit-ups 250 flutter kicks 3min10sec plank
26 62 sit-ups 260 flutter kicks 3min20sec plank	27 64 sit-ups 280 flutter kicks 3min30sec plank	28 20 sit-ups 20 flutter kicks 20sec plank	29 68 sit-ups 290 flutter kicks 3min40sec plank	30 70 sit-ups 300 flutter kicks 4min plank