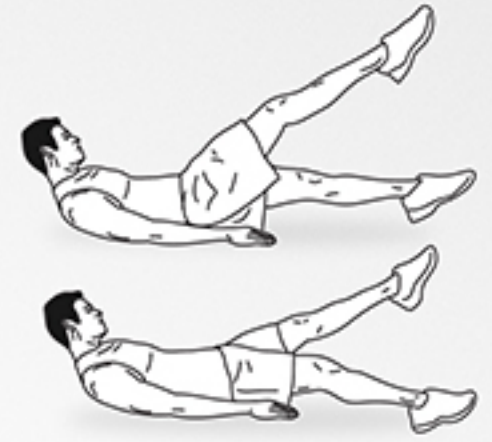
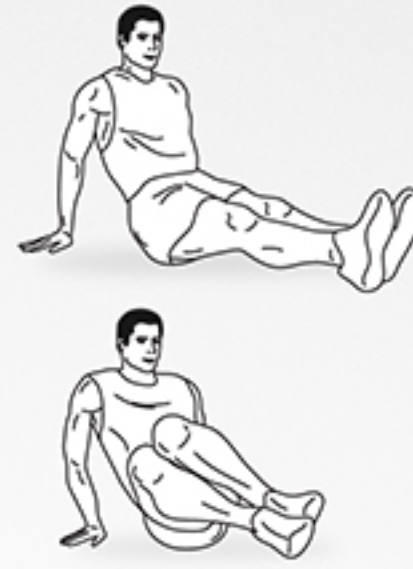
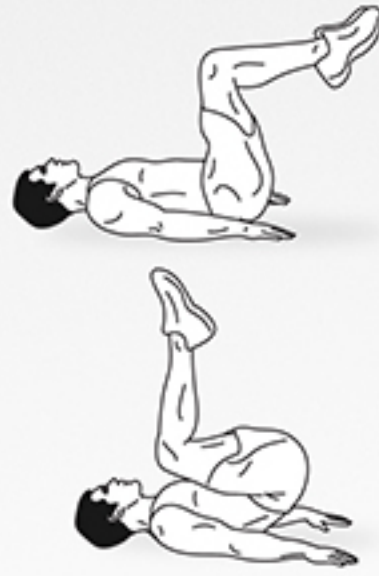


# EPIC ABS

— 30-DAY CHALLENGE —



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1	6 reverse crunches 6 knee-in & twist 4 sets   30sec rest	2	16 flutter kicks 4 sets   30sec rest	3	6 reverse crunches 6 knee-in & twist 4 sets   30sec rest	4	16 flutter kicks 4 sets   30sec rest	5	8 reverse crunches 8 knee-in & twist 4 sets   30sec rest
6	18 flutter kicks 4 sets   30sec rest	7	8 reverse crunches 8 knee-in & twist 4 sets   30sec rest	8	18 flutter kicks 4 sets   30sec rest	9	10 reverse crunches 10 knee-in & twist 4 sets   30sec rest	10	20 flutter kicks 4 sets   30sec rest
11	10 reverse crunches 10 knee-in & twist 4 sets   30sec rest	12	20 flutter kicks 4 sets   30sec rest	13	12 reverse crunches 12 knee-in & twist 4 sets   30sec rest	14	22 flutter kicks 4 sets   30sec rest	15	12 reverse crunches 12 knee-in & twist 4 sets   30sec rest
16	22 flutter kicks 4 sets   30sec rest	17	14 reverse crunches 14 knee-in & twist 4 sets   30sec rest	18	24 flutter kicks 4 sets   30sec rest	19	14 reverse crunches 14 knee-in & twist 4 sets   30sec rest	20	24 flutter kicks 4 sets   30sec rest
21	16 reverse crunches 16 knee-in & twist 4 sets   30sec rest	22	26 flutter kicks 4 sets   30sec rest	23	16 reverse crunches 16 knee-in & twist 4 sets   30sec rest	24	26 flutter kicks 4 sets   30sec rest	25	18 reverse crunches 18 knee-in & twist 4 sets   30sec rest
26	28 flutter kicks 4 sets   30sec rest	27	18 reverse crunches 18 knee-in & twist 4 sets   30sec rest	28	28 flutter kicks 4 sets   30sec rest	29	20 reverse crunches 20 knee-in & twist 4 sets   30sec rest	30	30 flutter kicks 4 sets   30sec rest