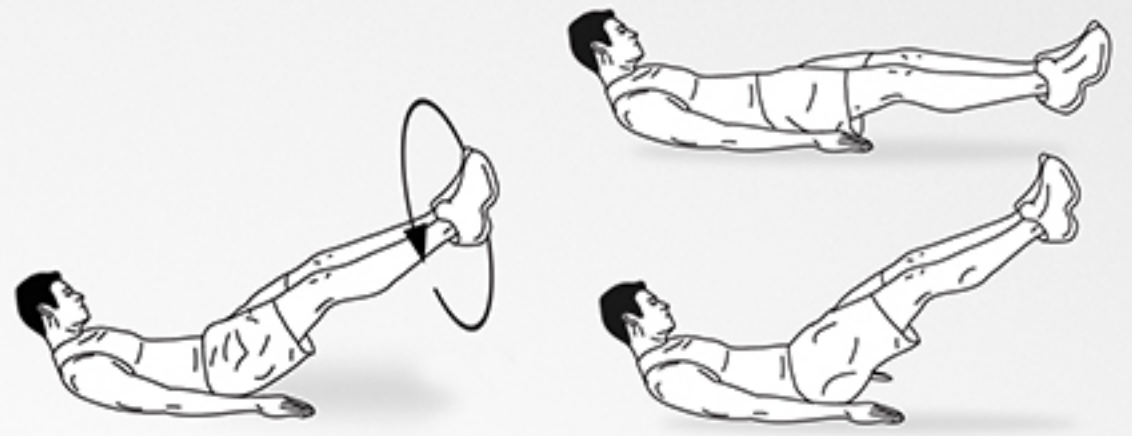


lower abs



30-DAY CHALLENGE

@ darebee.com

1	8 leg circles 5 sets 30sec rest	2	8 leg raises 10-count hold 5 sets 30sec rest	3	8 leg circles 5 sets 30sec rest	4	8 leg raises 10-count hold 5 sets 30sec rest	5	10 leg circles 5 sets 30sec rest
6	10 leg raises 10-count hold 5 sets 30sec rest	7	10 leg circles 5 sets 30sec rest	8	10 leg raises 10-count hold 5 sets 30sec rest	9	12 leg circles 5 sets 30sec rest	10	12 leg raises 10-count hold 5 sets 30sec rest
11	12 leg circles 5 sets 30sec rest	12	12 leg raises 10-count hold 5 sets 30sec rest	13	14 leg circles 5 sets 30sec rest	14	14 leg raises 10-count hold 5 sets 30sec rest	15	14 leg circles 5 sets 30sec rest
16	14 leg raises 10-count hold 5 sets 30sec rest	17	16 leg circles 5 sets 30sec rest	18	16 leg raises 10-count hold 5 sets 30sec rest	19	16 leg circles 5 sets 30sec rest	20	16 leg raises 10-count hold 5 sets 30sec rest
21	18 leg circles 5 sets 30sec rest	22	18 leg raises 10-count hold 5 sets 30sec rest	23	18 leg circles 5 sets 30sec rest	24	18 leg raises 10-count hold 5 sets 30sec rest	25	20 leg circles 5 sets 30sec rest
26	20 leg raises 10-count hold 5 sets 30sec rest	27	20 leg circles 5 sets 30sec rest	28	20 leg raises 10-count hold 5 sets 30sec rest	29	22 leg circles 5 sets 30sec rest	30	22 leg raises 10-count hold 5 sets 30sec rest