

30 DAY AB CHALLENGE

25 PLANK
SHOULDER
TAPS
25 LEG RAISES
25 CRUNCHES
12,000 STEPS

25 MOUNTAIN
CLIMBERS
25 RUSSIAN
TWIST
25 V-UPS
12,000 STEPS

25 PLANK
SHOULDER
TAPS
25 LEG RAISES
25 CRUNCHES
12,000 STEPS

25 MOUNTAIN
CLIMBERS
25 RUSSIAN
TWIST
25 V-UPS
12,000 STEPS

25 PLANK
SHOULDER
TAPS
25 LEG RAISES
25 CRUNCHES
12,000 STEPS

25 MOUNTAIN
CLIMBERS
25 RUSSIAN
TWIST
25 V-UPS
12,000 STEPS

REST
DAY
12,000 STEPS

50 PLANK
SHOULDER
TAPS
50 LEG RAISES
50 CRUNCHES
12,000 STEPS

50 MOUNTAIN
CLIMBERS
50 RUSSIAN
TWIST
50 V-UPS
12,000 STEPS

50 PLANK
SHOULDER
TAPS
50 LEG RAISES
50 CRUNCHES
12,000 STEPS

50 MOUNTAIN
CLIMBERS
50 RUSSIAN
TWIST
50 V-UPS
12,000 STEPS

50 PLANK
SHOULDER
TAPS
50 LEG RAISES
50 CRUNCHES
12,000 STEPS

50 MOUNTAIN
CLIMBERS
50 RUSSIAN
TWIST
50 V-UPS
12,000 STEPS

REST
DAY
12,000 STEPS

75 PLANK
SHOULDER
TAPS
75 LEG RAISES
75 CRUNCHES
12,000 STEPS

75 MOUNTAIN
CLIMBERS
75 RUSSIAN
TWIST
75 V-UPS
12,000 STEPS

75 PLANK
SHOULDER
TAPS
75 LEG RAISES
75 CRUNCHES
12,000 STEPS

75 MOUNTAIN
CLIMBERS
75 RUSSIAN
TWIST
75 V-UPS
12,000 STEPS

75 PLANK
SHOULDER
TAPS
75 LEG RAISES
75 CRUNCHES
12,000 STEPS

75 MOUNTAIN
CLIMBERS
75 RUSSIAN
TWIST
75 V-UPS
12,000 STEPS

REST
DAY
12,000 STEPS

100 PLANK
SHOULDER
TAPS
100 LEG RAISES
100 CRUNCHES
12,000 STEPS

100 MOUNTAIN
CLIMBERS
100 RUSSIAN
TWIST
100 V-UPS
12,000 STEPS

100 PLANK
SHOULDER
TAPS
100 LEG RAISES
100 CRUNCHES
12,000 STEPS

100 MOUNTAIN
CLIMBERS
100 RUSSIAN
TWIST
100 V-UPS
12,000 STEPS

100 PLANK
SHOULDER
TAPS
100 LEG RAISES
100 CRUNCHES
12,000 STEPS

100 MOUNTAIN
CLIMBERS
100 RUSSIAN
TWIST
100 V-UPS
12,000 STEPS

REST
DAY
12,000 STEPS

125 PLANK
SHOULDER
TAPS
125 LEG RAISES
125 CRUNCHES
12,000 STEPS

125 MOUNTAIN
CLIMBERS
125 RUSSIAN
TWIST
125 V-UPS
12,000 STEPS

30 DAY AB CHALLENGE

25 PLANK SHOULDER TAPS 25 LEG RAISES 25 CRUNCHES 12,000 STEPS	25 MOUNTAIN CLIMBERS 25 RUSSIAN TWIST 25 V-UPS 12,000 STEPS	25 PLANK SHOULDER TAPS 25 LEG RAISES 25 CRUNCHES 12,000 STEPS	25 MOUNTAIN CLIMBERS 25 RUSSIAN TWIST 25 V-UPS 12,000 STEPS	25 PLANK SHOULDER TAPS 25 LEG RAISES 25 CRUNCHES 12,000 STEPS	25 MOUNTAIN CLIMBERS 25 RUSSIAN TWIST 25 V-UPS 12,000 STEPS	REST DAY 12,000 STEPS
50 PLANK SHOULDER TAPS 50 LEG RAISES 50 CRUNCHES 12,000 STEPS	50 MOUNTAIN CLIMBERS 50 RUSSIAN TWIST 50 V-UPS 12,000 STEPS	50 PLANK SHOULDER TAPS 50 LEG RAISES 50 CRUNCHES 12,000 STEPS	50 MOUNTAIN CLIMBERS 50 RUSSIAN TWIST 50 V-UPS 12,000 STEPS	50 PLANK SHOULDER TAPS 50 LEG RAISES 50 CRUNCHES 12,000 STEPS	50 MOUNTAIN CLIMBERS 50 RUSSIAN TWIST 50 V-UPS 12,000 STEPS	REST DAY 12,000 STEPS
75 PLANK SHOULDER TAPS 75 LEG RAISES 75 CRUNCHES 12,000 STEPS	75 MOUNTAIN CLIMBERS 75 RUSSIAN TWIST 75 V-UPS 12,000 STEPS	75 PLANK SHOULDER TAPS 75 LEG RAISES 75 CRUNCHES 12,000 STEPS	75 MOUNTAIN CLIMBERS 75 RUSSIAN TWIST 75 V-UPS 12,000 STEPS	75 PLANK SHOULDER TAPS 75 LEG RAISES 75 CRUNCHES 12,000 STEPS	75 MOUNTAIN CLIMBERS 75 RUSSIAN TWIST 75 V-UPS 12,000 STEPS	REST DAY 12,000 STEPS
100 PLANK SHOULDER TAPS 100 LEG RAISES 100 CRUNCHES 12,000 STEPS	100 MOUNTAIN CLIMBERS 100 RUSSIAN TWIST 100 V-UPS 12,000 STEPS	100 PLANK SHOULDER TAPS 100 LEG RAISES 100 CRUNCHES 12,000 STEPS	100 MOUNTAIN CLIMBERS 100 RUSSIAN TWIST 100 V-UPS 12,000 STEPS	100 PLANK SHOULDER TAPS 100 LEG RAISES 100 CRUNCHES 12,000 STEPS	100 MOUNTAIN CLIMBERS 100 RUSSIAN TWIST 100 V-UPS 12,000 STEPS	REST DAY 12,000 STEPS
125 PLANK SHOULDER TAPS 125 LEG RAISES 125 CRUNCHES 12,000 STEPS	125 MOUNTAIN CLIMBERS 125 RUSSIAN TWIST 125 V-UPS 12,000 STEPS					