



30-DAY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE 2019 AB CHALLENGE						
						1 10 Crunches 10 Dead Bugs 10 Sitting Twists 45 Sec Plank Each Side
2 REST DAY	3 10 Crunches 10 Dead Bugs 10 Sitting Twists 45 Sec Plank Each Side	4 12 Crunches 12 Dead Bugs 12 Sitting Twists 45 Sec Plank Each Side	5 14 Crunches 14 Dead Bugs 14 Sitting Twists 45 Sec Plank Each Side	6 16 Crunches 16 Dead Bugs 16 Sitting Twists 45 Sec Plank Each Side	7 18 Crunches 18 Dead Bugs 18 Sitting Twists 45 Sec Plank Each Side	8 20 Crunches 20 Dead Bugs 20 Sitting Twists 45 Sec Plank Each Side
9 REST DAY	10 20 Crunches 20 Dead Bugs 20 Sitting Twists 60 Sec Plank Each Side	11 22 Crunches 22 Dead Bugs 22 Sitting Twists 60 Sec Plank Each Side	12 24 Crunches 24 Dead Bugs 24 Sitting Twists 60 Sec Plank Each Side	13 26 Crunches 26 Dead Bugs 26 Sitting Twists 60 Sec Plank Each Side	14 28 Crunches 28 Dead Bugs 28 Sitting Twists 60 Sec Plank Each Side	15 30 Crunches 30 Dead Bugs 30 Sitting Twists 60 Sec Plank Each Side
16 REST DAY	17 30 Crunches 30 Dead Bugs 30 Sitting Twists 75 Sec Plank Total	18 32 Crunches 32 Dead Bugs 32 Sitting Twists 75 Sec Plank Total	19 34 Crunches 34 Dead Bugs 34 Sitting Twists 75 Sec Plank Total	20 36 Crunches 36 Dead Bugs 36 Sitting Twists 75 Sec Plank Total	21 38 Crunches 38 Dead Bugs 38 Sitting Twists 75 Sec Plank Total	22 40 Crunches 40 Dead Bugs 40 Sitting Twists 75 Sec Plank Total
23 REST DAY	24 40 Crunches 40 Dead Bugs 40 Sitting Twists 90 Sec Plank Each Side	25 42 Crunches 42 Dead Bugs 42 Sitting Twists 90 Sec Plank Each Side	26 44 Crunches 44 Dead Bugs 44 Sitting Twists 90 Sec Plank Each Side	27 46 Crunches 46 Dead Bugs 46 Sitting Twists 90 Sec Plank Each Side	28 48 Crunches 48 Dead Bugs 48 Sitting Twists 90 Sec Plank Each Side	29 50 Crunches 50 Dead Bugs 50 Sitting Twists 90 Sec Plank Each Side

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Notes: You can start the challenge on any day that you want. Go at your own pace and listen to your body. If you can't do it all, do fewer reps or break them up throughout the day. If it is not challenging enough increase the rep count or do a 2nd round. You can vary/switch out the exercises if you desire.