

LOCKDOWN FITNESS

30 DAY AB

CHALLENGE



DAY 1 15 SIT UPS 5 CRUCHES 5 LEG RAISES 10 SEC PLANK	DAY 2 20 SIT UPS 8 CRUCHES 8 LEG RAISES 12 SEC PLANK	DAY 3 25 SIT UPS 10 CRUCHES 10 LEG RAISES 15 SEC PLANK	DAY 4 REST	DAY 5 30 SIT UPS 12 CRUCHES 12 LEG RAISES 20 SEC PLANK
DAY 6 25 SIT UPS 15 CRUCHES 15 LEG RAISES 25 SEC PLANK	DAY 7 40 SIT UPS 20 CRUCHES 20 LEG RAISES 30 SEC PLANK	DAY 8 REST	DAY 9 45 SIT UPS 30 CRUCHES 30 LEG RAISES 35 SEC PLANK	DAY 10 50 SIT UPS 50 CRUCHES 30 LEG RAISES 38 SEC PLANK
DAY 11 55 SIT UPS 65 CRUCHES 33 LEG RAISES 42 SEC PLANK	DAY 12 REST	DAY 13 60 SIT UPS 75 CRUCHES 40 LEG RAISES 50 SEC PLANK	DAY 14 65 SIT UPS 85 CRUCHES 42 LEG RAISES 55 SEC PLANK	DAY 15 70 SIT UPS 95 CRUCHES 42 LEG RAISES 60 SEC PLANK
DAY 16 REST	DAY 17 75 SIT UPS 100 CRUCHES 45 LEG RAISES 65 SEC PLANK	DAY 18 80 SIT UPS 110 CRUCHES 48 LEG RAISES 70 SEC PLANK	DAY 19 85 SIT UPS 120 CRUCHES 50 LEG RAISES 75 SEC PLANK	DAY 20 REST
DAY 21 90 SIT UPS 130 CRUCHES 52 LEG RAISES 80 SEC PLANK	DAY 22 95 SIT UPS 140 CRUCHES 55 LEG RAISES 85 SEC PLANK	DAY 23 100 SIT UPS 150 CRUCHES 58 LEG RAISES 9 SEC PLANK	DAY 24 REST	DAY 25 105 SIT UPS 160 CRUCHES 60 LEG RAISES 95 SEC PLANK
DAY 26 120 SIT UPS 170 CRUCHES 60 LEG RAISES 100 SEC PLANK	DAY 27 115 SIT UPS 180 CRUCHES 62 LEG RAISES 110 SEC PLANK	DAY 28 REST	DAY 29 120 SIT UPS 190 CRUCHES 62 LEG RAISES 115 SEC PLANK	DAY 30 125 SIT UPS 200 CRUCHES 65 LEG RAISES 120 SEC PLANK