

30-day ab challenge for a stronger core

Try this 30-day ab challenge with a friend or on your own to help stabilize your core, increase your balance and pump up your workout routine.



CRUNCH



LEG RAISE



PLANK

<p>DAY 1</p> <p>15 crunches 6 leg raises 10 second plank</p>	<p>DAY 2</p> <p>20 crunches 8 leg raises 15 second plank</p>	<p>DAY 3</p> <p>25 crunches 10 leg raises 20 second plank</p>	<p>DAY 4</p> <p>30 crunches 12 leg raises 25 second plank</p>	<p>DAY 5</p> <p>35 crunches 14 leg raises 30 second plank</p>
<p>DAY 6</p> <p>40 crunches 16 leg raises 35 second plank</p>	<p>DAY 7</p> <p>45 crunches 18 leg raises 40 second plank</p>	<p>DAY 8</p> <p>50 crunches 20 leg raises 45 second plank</p>	<p>DAY 9</p> <p>55 crunches 22 leg raises 50 second plank</p>	<p>DAY 10</p> <p>60 crunches 24 leg raises 55 second plank</p>
<p>DAY 11</p> <p>65 crunches 26 leg raises 60 second plank</p>	<p>DAY 12</p> <p>70 crunches 28 leg raises 65 second plank</p>	<p>DAY 13</p> <p>75 crunches 30 leg raises 70 second plank</p>	<p>DAY 14</p> <p>80 crunches 32 leg raises 75 second plank</p>	<p>DAY 15</p> <p>85 crunches 34 leg raises 80 second plank</p>
<p>DAY 16</p> <p>90 crunches 36 leg raises 85 second plank</p>	<p>DAY 17</p> <p>95 crunches 38 leg raises 90 second plank</p>	<p>DAY 18</p> <p>100 crunches 40 leg raises 95 second plank</p>	<p>DAY 19</p> <p>105 crunches 42 leg raises 100 second plank</p>	<p>DAY 20</p> <p>110 crunches 44 leg raises 105 second plank</p>
<p>DAY 21</p> <p>115 crunches 46 leg raises 110 second plank</p>	<p>DAY 22</p> <p>120 crunches 48 leg raises 115 second plank</p>	<p>DAY 23</p> <p>125 crunches 50 leg raises 120 second plank</p>	<p>DAY 24</p> <p>130 crunches 52 leg raises 125 second plank</p>	<p>DAY 25</p> <p>135 crunches 54 leg raises 130 second plank</p>
<p>DAY 26</p> <p>140 crunches 56 leg raises 135 second plank</p>	<p>DAY 27</p> <p>145 crunches 58 leg raises 140 second plank</p>	<p>DAY 28</p> <p>150 crunches 60 leg raises 145 second plank</p>	<p>DAY 29</p> <p>155 crunches 62 leg raises 150 second plank</p>	<p>DAY 30</p> <p>120 crunches 64 leg raises 155 second plank</p>

GoodLife FITNESS®