

# 30 DAY ABS & SQUATS CHALLENGE

DAY	SIT-UPS	CRUNCHES	SQUATS
1	10	10	25
2	20	15	30
3	5	20	35
4	10	25	40
5	5	10	30
6	15	30	50
7	20	35	55
8	30	40	60
9	REST	REST	REST
10	10	10	25
11	40	50	65
12	45	60	70
13	5	5	5
14	10	10	10
15	20	30	20
16	25	30	45
17	40	50	70
18	REST	REST	REST
19	5	5	5
20	10	10	10
21	20	15	35
22	20	25	55
23	10	40	55
24	10	50	65
25	15	60	65
26	20	70	85
27	REST	REST	REST
28	25	80	95
29	30	90	95
30	40	100	100