

April

2014



Awesome Abs Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		5 Sit Ups, 5 V-ups, 10 Russian Twists, 10 Crunches, 5 Heel Taps, 30 Sec Plank	5 Sit Ups, 5 V-ups, 10 Russian Twists, 10 Crunches, 5 Heel Taps, 30 Sec Plank	Rest Day	7 Sit Ups, 7 V-ups, 12 Russian Twists, 12 Crunches, 7 Heel Taps, 35 Sec Plank	7 Sit Ups, 7 V-ups, 12 Russian Twists, 12 Crunches, 7 Heel Taps, 35 Sec Plank
6	7	8	9	10	11	12
7 Sit Ups, 7 V-ups, 12 Russian Twists, 12 Crunches, 7 Heel Taps, 35 Sec Plank	7 Sit Ups, 7 V-ups, 12 Russian Twists, 12 Crunches, 7 Heel Taps, 35 Sec Plank	9 Sit Ups, 9 V-ups, 14 Russian Twists, 14 Crunches, 9 Heel Taps, 40 Sec Plank	9 Sit Ups, 9 V-ups, 14 Russian Twists, 14 Crunches, 9 Heel Taps, 40 Sec Plank	Rest Day	9 Sit Ups, 9 V-ups, 14 Russian Twists, 14 Crunches, 9 Heel Taps, 40 Sec Plank	9 Sit Ups, 9 V-ups, 14 Russian Twists, 14 Crunches, 9 Heel Taps, 40 Sec Plank
13	14	15	16	17	18	19
10 Sit Ups, 10 V-ups, 16 Russian Twists, 16 Crunches, 10 Heel Taps, 45 Sec Plank	10 Sit Ups, 10 V-ups, 16 Russian Twists, 16 Crunches, 10 Heel Taps, 45 Sec Plank	10 Sit Ups, 10 V-ups, 16 Russian Twists, 16 Crunches, 10 Heel Taps, 45 Sec Plank	11 Sit Ups, 11 V-ups, 17 Russian Twists, 17 Crunches, 11 Heel Taps, 50 Sec Plank	Rest Day	11 Sit Ups, 11 V-ups, 17 Russian Twists, 17 Crunches, 11 Heel Taps, 50 Sec Plank	11 Sit Ups, 11 V-ups, 17 Russian Twists, 17 Crunches, 11 Heel Taps, 50 Sec Plank
20	21	22	23	24	25	26
12 Sit Ups, 12 V-ups, 18 Russian Twists, 18 Crunches, 12 Heel Taps, 50 Sec Plank	12 Sit Ups, 12 V-ups, 18 Russian Twists, 18 Crunches, 12 Heel Taps, 50 Sec Plank	12 Sit Ups, 12 V-ups, 18 Russian Twists, 18 Crunches, 12 Heel Taps, 55 Sec Plank	13 Sit Ups, 13 V-ups, 19 Russian Twists, 19 Crunches, 13 Heel Taps, 55 Sec Plank	Rest Day	13 Sit Ups, 13 V-ups, 19 Russian Twists, 19 Crunches, 13 Heel Taps, 60 Sec Plank	13 Sit Ups, 13 V-ups, 19 Russian Twists, 19 Crunches, 13 Heel Taps, 1 min 5 Sec Plank
27	28	29	30	1	2	3
15 Sit Ups, 15 V-ups, 20 Russian Twists, 20 Crunches, 14 Heel Taps, 1 min 10 Sec Plank	15 Sit Ups, 15 V-ups, 20 Russian Twists, 20 Crunches, 14 Heel Taps, 1 min 15 Sec Plank	17 Sit Ups, 17 V-ups, 22 Russian Twists, 22 Crunches, 15 Heel Taps, 1 min 20 Sec Plank	17 Sit Ups, 17 V-ups, 22 Russian Twists, 22 Crunches, 15 Heel Taps, 1 min 30 Sec Plank			

