

**THE LITTLE WHITE GYM  
JULY AB CHALLENGE**

**CIRCUIT A**

Mountain Climber  
Plank  
Push Up  
Toe Taps  
High/Low Plank

**CIRCUIT B**

Bicycles  
Plate Crunch  
Leg Raises  
Russian Twist  
Glute Bridge

**CIRCUIT C**

Lat Pulldown (with resistance band if available)  
Dorsal Raise  
Donkey Kick (alt legs)  
Fire Hydrant (alt legs)  
Arm Hydrant (alt arms)

DATE	CIRCUIT	TIME ON EACH EXERCISE	REST AFTER EACH SET	NUMBER OF SETS	TOTAL TIME	COMPLETED ✓
1 July	A	15 seconds	30 seconds	2	3 minutes 30 seconds	
2 July	B	15 seconds	30 seconds	2	3 minutes 30 seconds	
3 July	C	15 seconds	30 seconds	2	3 minutes 30 seconds	
4 July	A	15 seconds	30 seconds	2	3 minutes 30 seconds	
5 July	B	15 seconds	30 seconds	2	3 minutes 30 seconds	
6 July	C	15 seconds	30 seconds	2	3 minutes 30 seconds	
7 July	REST					
8 July	A	20 seconds	30 seconds	2	4 minutes 20 seconds	
9 July	B	20 seconds	30 seconds	2	4 minutes 20 seconds	
10 July	C	20 seconds	30 seconds	2	4 minutes 20 seconds	
11 July	A	20 seconds	30 seconds	2	4 minutes 20 seconds	
12 July	B	20 seconds	30 seconds	2	4 minutes 20 seconds	
13 July	C	20 seconds	30 seconds	2	4 minutes 20 seconds	
14 July	REST					
15 July	A	20 seconds	30 seconds	3	6 minutes 30 seconds	
16 July	B	20 seconds	30 seconds	3	6 minutes 30 seconds	
17 July	C	20 seconds	30 seconds	3	6 minutes 30 seconds	
18 July	A	20 seconds	30 seconds	3	6 minutes 30 seconds	
19 July	B	20 seconds	30 seconds	3	6 minutes 30 seconds	
20 July	C	20 seconds	30 seconds	3	6 minutes 30 seconds	
21 July	REST					
22 July	A	25 seconds	30 seconds	3	7 minutes 45 seconds	
23 July	B	25 seconds	30 seconds	3	7 minutes 45 seconds	
24 July	C	25 seconds	30 seconds	3	7 minutes 45 seconds	
25 July	A	25 seconds	30 seconds	3	7 minutes 45 seconds	
26 July	B	25 seconds	30 seconds	3	7 minutes 45 seconds	
27 July	C	25 seconds	30 seconds	3	7 minutes 45 seconds	
28 July	REST					
29 July	A	30 seconds	30 seconds	3	9 minutes	
30 July	B	30 seconds	30 seconds	3	9 minutes	
31 July	C	30 seconds	30 seconds	3	9 minutes	