

#30DayChallenge

#Re6elCoreChallenge

<p><u>Day 1</u></p> <p>25 Crunches 25 Leg Raises 45 sec Plank 30 Sit-Up2</p>	<p><u>Day 2</u></p> <p>30 Crunches 25 Leg Raises 45 sec Plank 35 Sit-Ups</p>	<p><u>Day 3</u></p> <p>35 Crunches 25 Leg Raises 45 sec Plank 40 Sit- Ups</p>	<p><u>Day 4</u></p> <p>35 Crunches 30 Leg Raises 45 sec Plank 40 Sit-Up</p>	<p>Rest <u>Day 5</u></p>	<p><u>Day 6</u></p> <p>40 Crunches 35 Leg Raises 45 sec Plank 40 Sit-Ups</p>	<p><u>Day 7</u></p> <p>40 Crunches 40 Leg Raises 45 sec Plank 40 Sit-Ups</p>
<p><u>Day 8</u></p> <p>45 Crunches 40 Leg Raises 55 sec Plank 45 Sit-Ups</p>	<p><u>Day 9</u></p> <p>50 Crunches 45 Leg Raises 55 sec Plank 45 Sit-Ups</p>	<p>Rest <u>Day 10</u></p>	<p><u>Day 11</u></p> <p>50 Crunches 50 Leg Raises 55 sec Plank 50 Sit-Ups</p>	<p><u>Day 12</u></p> <p>55 Crunches 50 Leg Raises 55 sec Plank 50 Sit-Ups</p>	<p><u>Day 13</u></p> <p>55 Crunches 55 Leg Raises 55 sec Plank 55 Sit-Ups</p>	<p><u>Day 14</u></p> <p>60 Crunches 55 Leg Raises 55 sec Plank 60 Sit-Ups</p>
<p>Rest <u>Day 15</u></p>	<p><u>Day 16</u></p> <p>60 Crunches 55 Leg Raises 60 sec Plank 70 Sit-Ups</p>	<p><u>Day 17</u></p> <p>65 Crunches 60 Leg Raises 60 sec Plank 70 Sit-Ups</p>	<p><u>Day 18</u></p> <p>70 Crunches 65 Leg Raises 60 sec Plank 75 Sit-Ups</p>	<p>Rest <u>Day 19</u></p>	<p><u>Day 20</u></p> <p>75 Crunches 70 Leg Raises 60 sec Plank 80 Sit-Ups</p>	<p><u>Day 21</u></p> <p>80 Crunches 75 Leg Raises 60 sec Plank 85 Sit-Ups</p>
<p><u>Day 22</u></p> <p>90 Crunches 85 Leg Raises 1min 10sec Plank 90 Sit-Ups</p>	<p><u>Day 23</u></p> <p>95 Crunches 85 Leg Raises 1min 10sec Plank 95 Sit-Ups</p>	<p>Rest <u>Day 24</u></p>	<p><u>Day 25</u></p> <p>100 Crunches 95 Leg Raises 1min 10sec Plank 95 Sit-Ups</p>	<p><u>Day 26</u></p> <p>100 Crunches 100 Leg Raises 1 min 10sec Plank 100 Sit-Ups</p>	<p><u>Day 27</u></p> <p>110 Crunches 105 Leg Raises 1 min 10sec Plank 100 Sit-Ups</p>	<p><u>Day 28</u></p> <p>110 Crunches 115 Leg Raises 1min 10sec Plank 105 Sit-Ups</p>

<p>Rest</p> <p><u>Day 29</u></p>	<p><u>Day 30</u></p> <p>115 Crunches 115 Leg Raises 1min 10sec Plank 110 Sit-Ups</p>					

Instructions:

- Take Pictures every week on the same day
- 2 to 4 sets for each workout (Ex: 2 set of Crunches/ 4 sets of Leg Raises)
- REST REST REST
- STAY DEDICATE