

30 DAYS

Flat Abs Challenge

1 • 10 reps each exercise • plank 15s	2 • 10 reps each exercise • plank 15s	3 • 11 reps each exercise • plank 15s	4 • 11 reps each exercise • plank 15s	5 REST DAY
6 • 12 reps each exercise • plank 20s	7 • 12 reps each exercise • plank 20s	8 • 13 reps each exercise • plank 25s	9 • 15 reps each exercise • plank 25s	10 REST DAY
11 • 15 reps each exercise • plank 25s	12 • 15 reps each exercise • plank 25s	13 • 16 reps each exercise • plank 30s	14 • 15 reps each exercise • plank 30s	15 • 16 reps each exercise • plank 35s
16 REST DAY	17 • 16 reps each exercise • plank 35s	18 • 16 reps each exercise • plank 35s	19 • 17 reps each exercise • plank 40s	20 • 17 reps each exercise • plank 40s
21 • 18 reps each exercise • plank 40s	22 • 18 reps each exercise • plank 40s	23 • 19 reps each exercise • plank 45s	24 • 19 reps each exercise • plank 45s	25 • 20 reps each exercise • plank 45s
26 • 20 reps each exercise • plank 50s	27 • 21 reps each exercise • plank 55s	28 REST DAY	29 • 21 reps each exercise • plank 60s	30 • 22 reps each exercise • plank 60s