



30 DAY CHALLENGE

SIT UP

DAY 1 20 SIT UPS

DAY 2 25 SIT UPS

DAY 3 30 SIT UPS

DAY 4 35 SIT UPS

DAY 5 REST DAY

DAY 6 40 SIT UPS

DAY 7 45 SIT UPS

DAY 8 50 SIT UPS

DAY 9 55 SIT UPS

DAY 10 REST DAY

DAY 11 60 SIT UPS

DAY 12 65 SIT UPS

DAY 13 70 SIT UPS

DAY 14 75 SIT UPS

DAY 15 REST DAY

DAY 16 80 SIT UPS

DAY 17 85 SIT UPS

DAY 18 90 SIT UPS

DAY 19 95 SIT UPS

DAY 20 REST DAY

DAY 21 100 SIT UPS

DAY 22 105 SIT UPS

DAY 23 110 SIT UPS

DAY 24 115 SIT UPS

DAY 25 REST DAY

DAY 26 120 SIT UPS

DAY 27 125 SIT UPS

DAY 28 130 SIT UPS

DAY 29 135 SIT UPS

DAY 30 140 SIT UPS