30-Day Ab Challenge

Crunches and a plank, a little more each day.

30 DAYS

Start date _____ **Why I am doing this** _____

1 10 crunches · 15s plank	**2** 10 crunches · 20s plank	**3** 15 crunches · 20s plank	**4** Rest day	**5** 15 crunches · 25s plank
6 20 crunches · 30s plank	**7** 20 crunches · 30s plank	**8** Rest day	**9** 25 crunches · 35s plank	**10** 25 crunches · 40s plank
11 30 crunches · 40s plank	**12** Rest day	**13** 30 crunches · 45s plank	**14** 35 crunches · 50s plank	**15** 35 crunches · 55s plank
16 Rest day	**17** 35 crunches · 55s plank	**18** 40 crunches · 60s plank	**19** 40 crunches · 65s plank	**20** Rest day
21 45 crunches · 65s plank	**22** 45 crunches · 70s plank	**23** 50 crunches · 75s plank	**24** Rest day	**25** 50 crunches · 75s plank
26 55 crunches · 80s plank	**27** 55 crunches · 85s plank	**28** Rest day	**29** 60 crunches · 85s plank	**30** 60 crunches · 90s plank

"s plank" is the number of seconds to hold. Go at your own pace and stop if anything hurts.