

30 Day Ab & Butt Challenge

Day 1: 15 Crunches 6 Leg Raises 10 Sec Plank 15 Squats 5 Bridges 10 Lunges	Day 2: 20 Crunches 8 Leg Raises 15 Sec Plank 20 Squats 5 Bridges 10 Lunges	Day 3: 30 Crunches 10 Leg Raises 20 Sec Plank 20 Squats 10 Bridges 15 Lunges	Day 4: 35 Crunches 12 Leg Raises 25 Sec Plank 25 Squats 10 Bridges 20 Lunges	Day 5: 40 Crunches 14 Leg Raises 30 Sec Plank 30 Squats 10 Bridges 20 Lunges	Day 6: 45 Crunches 16 Leg Raises 35 Sec Plank 30 Squats 15 Bridges 20 Lunges	Day 7: 50 Crunches 18 Leg Raises 40 Sec Plank 35 Squats 15 Bridges 20 Lunges
Day 8: 55 Crunches 20 Leg Raises 45 Sec Plank 35 Squats 20 Bridges 25 Lunges	Day 9: 60 Crunches 22 Leg Raises 50 Sec Plank 35 Squats 20 Bridges 25 Lunges	Day 10: 65 Crunches 24 Leg Raises 55 Sec Plank 40 Squats 20 Bridges 30 Lunges	Day 11: 70 Crunches 26 Leg Raises 60 Sec Plank 40 Squats 25 Bridges 30 Lunges	Day 12: 75 Crunches 28 Leg Raises 65 Sec Plank 45 Squats 25 Bridges 30 Lunges	Day 13: 80 Crunches 30 Leg Raises 70 Sec Plank 45 Squats 30 Bridges 35 Lunges	Day 14: 85 Crunches 32 Leg Raises 75 Sec Plank 50 Squats 30 Bridges 35 Lunges
Day 15: 90 Crunches 34 Leg Raises 80 Sec Plank 50 Squats 30 Bridges 40 Lunges	Day 16: 95 crunches 36 Leg Raises 85 Sec Plank 55 Squats 35 Bridges 40 Lunges	Day 17: 100 crunches 38 Leg Raises 90 Sec Plank 55 Squats 35 Bridges 40 Lunges	Day 18: 105 Crunches 40 Leg Raises 95 Sec Plank 55 Squats 40 Bridges 45 Lunges	Day 19: 110 Crunches 42 Leg Raises 100 Sec Plank 60 Squats 40 Bridges 45 Lunges	Day 20: 115 Crunches 44 Leg Raises 105 Sec Plank 60 Squats 40 Bridges 50 Lunges	Day 21: 120 Crunches 46 Leg Raises 110 Sec Plank 65 Squats 45 Bridges 50 Lunges
Day 22: 125 Crunches 48 Leg Raises 115 Sec Plank 65 Squats 45 Bridges 50 Lunges	Day 23: 130 Crunches 50 Leg Raises 120 Sec Plank 65 Squats 50 Bridges 55 Lunges	Day 24: 135 Crunches 52 Leg Raises 125 Sec Plank 70 Squats 50 Bridges 55 Lunges	Day 25: 140 Crunches 54 Leg Raises 130 Sec Plank 70 Squats 50 Bridges 60 Lunges	Day 26: 145 Crunches 56 Leg Raises 135 Sec Plank 70 Squats 55 Bridges 50 Lunges	Day 27: 150 Crunches 58 Leg Raises 140 Sec Plank 75 Squats 55 Bridges 65 Lunges	Day 28: 155 Crunches 60 Leg Raises 145 Sec Plank 75 Squats 60 Bridges 65 Lunges
Day 29: 160 Crunches 62 Leg Raises 150 Sec Plank 80 Squats 60 Bridges 70 Lunges	Day 30: 165 Crunches 64 Leg Raises 155 Sec Plank 90 Squats 60 Bridges 70 Lunges					