

JJ's 30-Day Abs Challenge

DAY 1	15 SIT-UPS, 5 CRUNCHES 5 LEG RAISES, 10S PLANK
DAY 2	20 SIT-UPS, 8 CRUNCHES 8 LEG RAISES, 12S PLANK
DAY 3	25 SIT-UPS, 10 CRUNCHES 10 LEG RAISES, 15S PLANK
DAY 4	REST
DAY 5	30 SIT-UPS, 12 CRUNCHES 12 LEG RAISES, 20S PLANK
DAY 6	35 SIT-UPS, 15 CRUNCHES 15 LEG RAISES, 25S PLANK
DAY 7	40 SIT-UPS, 20 CRUNCHES 20 LEG RAISES, 30S PLANK
DAY 8	REST
DAY 9	45 SIT-UPS, 30 CRUNCHES 30 LEG RAISES, 35S PLANK
DAY 10	50 SIT-UPS, 50 CRUNCHES 30 LEG RAISES, 38S PLANK
DAY 11	55 SIT-UPS, 65 CRUNCHES 33 LEG RAISES, 42S PLANK
DAY 12	REST
DAY 13	60 SIT-UPS, 75 CRUNCHES 40 LEG RAISES, 50S PLANK
DAY 14	65 SIT-UPS, 85 CRUNCHES 42 LEG RAISES, 55S PLANK
DAY 15	70 SIT-UPS, 90 CRUNCHES 42 LEG RAISES, 60S PLANK



DAY 16	REST
DAY 17	75 SIT-UPS, 100 CRUNCHES 45 LEG RAISES, 65S PLANK
DAY 18	80 SIT-UPS, 110 CRUNCHES 48 LEG RAISES, 70S PLANK
DAY 19	85 SIT-UPS, 120 CRUNCHES 50 LEG RAISES, 75S PLANK
DAY 20	REST
DAY 21	90 SIT-UPS, 130 CRUNCHES 52 LEG RAISES, 80S PLANK
DAY 22	95 SIT-UPS, 140 CRUNCHES 55 LEG RAISES, 85S PLANK
DAY 23	100 SIT-UPS, 150 CRUNCHES 58 LEG RAISES, 90S PLANK
DAY 24	REST
DAY 25	105 SIT-UPS, 160 CRUNCHES 60 LEG RAISES, 95S PLANK
DAY 26	110 SIT-UPS, 170 CRUNCHES 60 LEG RAISES, 100S PLANK
DAY 27	115 SIT-UPS, 180 CRUNCHES 62 LEG RAISES, 110S PLANK
DAY 28	REST
DAY 29	120 SIT-UPS, 190 CRUNCHES 62 LEG RAISES, 115S PLANK
DAY 30	125 SIT-UPS, 200 CRUNCHES 65 LEG RAISES, 120S PLANK

Jj Smith 3day Challenge

Clemens Wendtner

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

Jj Smith 3day Challenge:

The book delves into Jj Smith 3day Challenge. Jj Smith 3day Challenge is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Jj Smith 3day Challenge, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Jj Smith 3day Challenge
- Chapter 2: Essential Elements of Jj Smith 3day Challenge
- Chapter 3: Jj Smith 3day Challenge in Everyday Life
- Chapter 4: Jj Smith 3day Challenge in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Jj Smith 3day Challenge. This chapter will explore what Jj Smith 3day Challenge is, why Jj Smith 3day Challenge is vital, and how to effectively learn about Jj Smith 3day Challenge.
3. In chapter 2, the author will delve into the foundational concepts of Jj Smith 3day Challenge. The second chapter will elucidate the essential principles that need to be understood to grasp Jj Smith 3day Challenge in its entirety.
4. In chapter 3, this book will examine the practical applications of Jj Smith 3day Challenge in daily life. This chapter will showcase real-world examples of how Jj Smith 3day Challenge can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Jj Smith 3day Challenge in specific contexts. The fourth chapter will explore how Jj Smith 3day Challenge is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Jj Smith 3day Challenge. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Jj Smith 3day Challenge.

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