

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



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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 Cost

Ensheng Dong



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