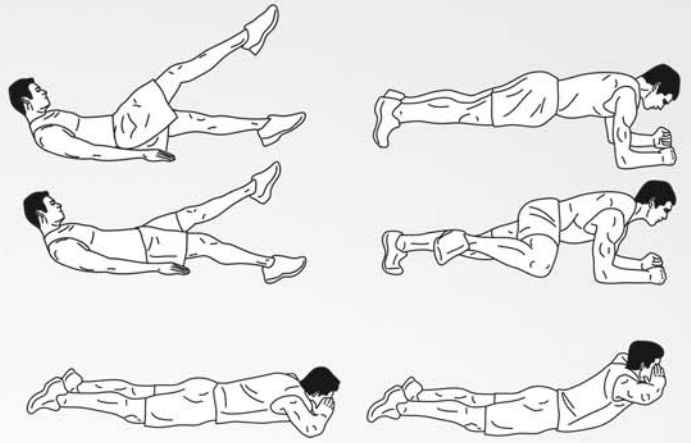


# abs of steel

## 30-DAY CHALLENGE



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|  |  |  |  |  |
|--|--|--|--|--|
| 1<br>22 flutter kicks<br>20sec rest<br>3 sets                        | 2<br>12 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets  | 3<br>22 flutter kicks<br>20sec rest<br>3 sets                        | 4<br>12 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets  | 5<br>22 flutter kicks<br>20sec rest<br>3 sets                        |
| 6<br>12 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets  | 7<br>24 flutter kicks<br>20sec rest<br>3 sets                        | 8<br>14 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets  | 9<br>24 flutter kicks<br>20sec rest<br>3 sets                        | 10<br>14 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets |
| 11<br>24 flutter kicks<br>20sec rest<br>3 sets                       | 12<br>14 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets | 13<br>26 flutter kicks<br>20sec rest<br>3 sets                       | 14<br>16 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets | 15<br>26 flutter kicks<br>20sec rest<br>3 sets                       |
| 16<br>16 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets | 17<br>26 flutter kicks<br>20sec rest<br>3 sets                       | 18<br>16 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets | 19<br>28 flutter kicks<br>20sec rest<br>3 sets                       | 20<br>18 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets |
| 21<br>28 flutter kicks<br>20sec rest<br>3 sets                       | 22<br>18 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets | 23<br>28 flutter kicks<br>20sec rest<br>3 sets                       | 24<br>18 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets | 25<br>30 flutter kicks<br>20sec rest<br>3 sets                       |
| 26<br>20 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets | 27<br>30 flutter kicks<br>20sec rest<br>3 sets                       | 28<br>20 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets | 29<br>30 flutter kicks<br>20sec rest<br>3 sets                       | 30<br>20 plank crunches<br>4 back extensions<br>20sec rest<br>3 sets |