

30 Day Crunch & Sit Up Challenge

Day 1 10 Crunches 5 Sit Ups	Day 2 10 Crunches 8 Sit Ups	Day 3 15 Crunches 10 Sit Ups	Day 4 15 Crunches 10 Sit Ups	Day 5 20 Crunches 12 Sit Ups
Day 6 20 Crunches 15 Sit Ups	Day 7 20 Crunches 15 Sit Ups	Day 8 24 Crunches 18 Sit Ups	Day 9 25 Crunches 20 Sit Ups	Day 10 25 Crunches 20 Sit Ups
Day 11 28 Crunches 20 Sit Ups	Day 12 30 Crunches 23 Sit Ups	Day 13 30 Crunches 25 Sit Ups	Day 14 35 Crunches 25 Sit Ups	Day 15 35 Crunches 28 Sit Ups
Day 16 38 Crunches 30 Sit Ups	Day 17 40 Crunches 30 Sit Ups	Day 18 42 Crunches 32 Sit Ups	Day 19 45 Crunches 35 Sit Ups	Day 20 45 Crunches 38 Sit Ups
Day 21 48 Crunches 40 Sit Ups	Day 22 50 Crunches 40 Sit Ups	Day 23 50 Crunches 42 Sit Ups	Day 24 53 Crunches 45 Sit Ups	Day 25 55 Crunches 45 Sit Ups
Day 26 55 Crunches 48 Sit Ups	Day 27 55 Crunches 49 Sit Ups	Day 28 58 Crunches 50 Sit Ups	Day 29 59 Crunches 50 Sit Ups	Day 30 60 Crunches 50 Sit Ups