

Christmas Ab Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 sec plank 5 roll ups 10 bicycles	2 20 sec plank 6 roll ups 20 bicycles	3 30 sec plank 7 roll ups 30 bicycles	4 REST DAY	5 30 sec plank 8 roll ups 30 bicycles	6 40 sec plank 9 roll ups 40 bicycles	7 REST DAY
8 40 sec plank 11 roll ups 40 bicycles	9 50 sec plank 12 roll ups 50 bicycles	10 60 sec plank 13 roll ups 60 bicycles	11 REST DAY	12 60 sec plank 14 roll ups 60 bicycles	13 70 sec plank 15 roll ups 70 bicycles	14 REST DAY
15 70 sec plank 17 roll ups 70 bicycles	16 80 sec plank 18 roll ups 80 bicycles	17 90 sec plank 19 roll ups 90 bicycles	18 REST DAY	19 90 sec plank 20 roll ups 90 bicycles	20 100 sec plank 21 roll ups 100 bicycles	21 REST DAY
22 100 sec plank 23 roll ups 100 bicycles	23 110 sec plank 24 roll ups 110 bicycles	24 120 sec plank 25 roll ups 120 bicycles	25 MERRY CHRISTMAS!	26 120 sec plank 26 roll ups 120 bicycles	27 130 sec plank 27 roll ups 130 bicycles	28 REST DAY
29 130 sec plank 29 roll ups 130 bicycles	30 140 sec plank 30 roll ups 140 bicycles	31 150 sec plank 31 roll ups 150 bicycles			Brianna Peterson www.simplifiedelights.co	

