

30 DAY AB & SQUAT Challenge

DAY 1 25 SQUATS & 10 SIT UPS

DAY 2 30 SQUATS & 15 SIT UPS

DAY 3 REST DAY

DAY 4 35 SQUATS & 20 SIT UPS

DAY 5 40 SQUATS & 25 SIT UPS

DAY 6 REST DAY

DAY 7 45 SQUATS & 30 SIT UPS

DAY 8 35 SQUATS & 20 SIT UPS

DAY 9 40 SQUATS & 25 SIT UPS

DAY 10 REST DAY

DAY 11 45 SQUATS & 30 SIT UPS

DAY 12 50 SQUATS & 35 SIT UPS

DAY 13 55 SQUATS & 40 SIT UPS

DAY 14 REST DAY

DAY 15 50 SQUATS & 35 SIT UPS

DAY 16 55 SQUATS & 40 SIT UPS

DAY 17 60 SQUATS & 45 SIT UPS

DAY 18 REST DAY

DAY 19 65 SQUATS & 50 SIT UPS

DAY 20 70 SQUATS & 55 SIT UPS

DAY 21 REST DAY

DAY 22 70 SQUATS & 55 SIT UPS

DAY 23 75 SQUATS & 60 SIT UPS

DAY 24 REST DAY

DAY 25 80 SQUATS & 65 SIT UPS

DAY 26 85 SQUATS & 70 SIT UPS

DAY 27 REST DAY

DAY 28 90 SQUATS & 75 SIT UPS

DAY 29 95 SQUATS & 80 SIT UPS

DAY 30 100 SQUATS & 85 SIT UPS

Wanna Liv