|  |  |
| --- | --- |
| January | |
| 2014 | |
| Quiktrain 30 Day 6 pack CHALLENGE |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | 15 sit ups  5 crunches  5 leg raises  10 sec plank | 20 sit ups  8 crunches  8 leg raises  12 sec plank | 25 sit ups  10 crunches  10 leg raises  15 sec plank | REST |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 30 sit ups  12 crunches  12 leg raises  20 sec plank | 35 sit ups  15 crunches  15 leg raises  25 sec plank | 40 sit ups  20 crunches  20 leg raises  30 sec plank | REST | 45 sit ups  30 crunches  30 leg raises  38 sec plank | 50 sit ups  50 crunches  30 leg raises  38 sec plank | 55 sit ups  65 crunches  33 leg raises  42 sec plank |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| REST | 60 sit ups  75 crunches  40 leg raises  50 sec plank | 65 sit ups  85 crunches  42 leg raises  55 sec plank | 70 sit ups  95 crunches  42 leg raises  60 sec plank | REST | 75 sit ups  100 crunches  42 leg raises  65 sec plank | 80 sit ups  110 crunches  48 leg raises  70 sec plank |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 85 sit ups  120 crunches  50 leg raises  75 sec plank | REST | 90 sit ups  130 crunches  52 leg Raises  80 sec plank | 95 sit ups  140 crunches  55 leg raises  85 sec plank | 100 sit ups  150 crunches  58 leg raises  90 sec plank | REST | 105 sit ups  16o crunches  60 leg raises  95 sec plank |
| 26 | 27 | 28 | 29 | 30 |  |  |
| 110 sit ups  170 crunches  60 leg raises  100 sec plank | 115 sit ups  180 crunches  62 leg raises  110 sec plank | REST | 120 sit ups  190 crunches  62 leg raises  115 sec plank | 125 sit ups  200 crunches  65 leg raises  120 sec plank |  |  |