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

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | 15 sit ups5 crunches 5 leg raises10 sec plank  | 20 sit ups 8 crunches 8 leg raises 12 sec plank  | 25 sit ups10 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 raises115 sec plank | 125 sit ups 200 crunches65 leg raises 120 sec plank  |  |  |