

January

2014

Quiktrain 30 Day 6 pack CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 15 sit ups 5 crunches 5 leg raises 10 sec plank	2 20 sit ups 8 crunches 8 leg raises 12 sec plank	3 25 sit ups 10 crunches 10 leg raises 15 sec plank	4 REST
5 30 sit ups 12 crunches 12 leg raises 20 sec plank	6 35 sit ups 15 crunches 15 leg raises 25 sec plank	7 40 sit ups 20 crunches 20 leg raises 30 sec plank	8 REST	9 45 sit ups 30 crunches 30 leg raises 38 sec plank	10 50 sit ups 50 crunches 30 leg raises 38 sec plank	11 55 sit ups 65 crunches 33 leg raises 42 sec plank
12 REST	13 60 sit ups 75 crunches 40 leg raises 50 sec plank	14 65 sit ups 85 crunches 42 leg raises 55 sec plank	15 70 sit ups 95 crunches 42 leg raises 60 sec plank	16 REST	17 75 sit ups 100 crunches 42 leg raises 65 sec plank	18 80 sit ups 110 crunches 48 leg raises 70 sec plank
19 85 sit ups 120 crunches 50 leg raises 75 sec plank	20 REST	21 90 sit ups 130 crunches 52 leg Raises 80 sec plank	22 95 sit ups 140 crunches 55 leg raises 85 sec plank	23 100 sit ups 150 crunches 58 leg raises 90 sec plank	24 REST	25 105 sit ups 160 crunches 60 leg raises 95 sec plank
26 110 sit ups 170 crunches 60 leg raises 100 sec plank	27 115 sit ups 180 crunches 62 leg raises 110 sec plank	28 REST	29 120 sit ups 190 crunches 62 leg raises 115 sec plank	30 125 sit ups 200 crunches 65 leg raises 120 sec plank		