







Ab Jammin' June Challenge 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 15 Bend Extend Ab Tuck, 5 crunches, 5 leg raises, 10 sec plank	2 20 Bend Extend Ab Tuck, 10 crunches, 10 leg raises, 12 sec plank	3 25 Bend Extend Ab Tuck, 15 crunches, 15 leg raises, 15 sec plank	4 REST	5 30 Bend Extend Ab Tuck, 20 crunches, 20 leg raises, 20 sec plank	6 35 Bend Extend Ab Tuck, 25 crunches, 25 leg raises, 25 sec plank
7 REST	8 40 Bend Extend Ab Tuck, 30 crunches, 30 leg raises, 30 sec plank	9 45 Bend Extend Ab Tuck, 35 crunches, 35 leg raises, 38 sec plank	10 50 Bend Extend Ab Tuck, 40 crunches, 40 leg raises, 40 sec plank	11 REST	12 55 Bend Extend Ab Tuck, 45 crunches, 45 leg raises, 42 sec plank	13 60 Bend Extend Ab Tuck, 50 crunches, 50 leg raises 50 sec plank
14 REST	15 65 Bend Extend Ab Tuck, 55 crunches, 55 leg raises, 55 sec plank	16 70 Bend Extend Ab Tuck, 60 crunches, 60 leg raises, 60 sec plank	17 75 Bend Extend Ab Tuck, 65 crunches, 65 leg raises, 65 sec plank	18 REST	19 80 Bend Extend Ab Tuck, 70 crunches, 70 leg raises, 70 sec plank	20 85 Bend Extend Ab Tuck, 75 crunches, 75 leg raises, 75 sec plank
21 REST	22 90 Bend Extend Ab Tuck, 80 crunches, 80 leg raises, 80 sec plank	23 95 Bend Extend Ab Tuck, 85 crunches, 85 leg raises, 95 sec plank	24 100 Bend Extend Ab Tuck, 90 crunches, 90 leg raises, 100 sec plank	25 REST	26 105 Bend Extend Ab Tuck, 95 crunches, 95 leg raises, 110 sec plank	27 110 Bend Extend Ab Tuck, 100 crunches, 100 leg raises, 120 sec plank
28 REST	29 115 Bend Extend Ab Tuck, 110 crunches, 110 leg raises, 125 plank	30 120 Bend Extend Ab Tuck, 115 crunches, 115 leg raises, 130 sec plank	Bend Extend Ab Tuck 	Crunches 	Leg Raises 	Plank 
<p>Up to 90 seconds rest between exercises. Make sure CORE is Tight throughout all exercises. Ask your coach if you need a Modification. Have a coach sign off on your days as proof you completed the challenge and receive 30% OFF any one item of your choice</p>			