

# EASY ABS

— 30-DAY CHALLENGE —



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1 10 air bike crunches 6 sitting twists 3 sets   no rest	2 30 air bike crunches in total throughout the day	3 10 air bike crunches 6 sitting twists 3 sets   no rest	4 30 air bike crunches in total throughout the day	5 12 air bike crunches 6 sitting twists 3 sets   no rest
6 40 air bike crunches in total throughout the day	7 12 air bike crunches 6 sitting twists 3 sets   no rest	8 40 air bike crunches in total throughout the day	9 14 air bike crunches 6 sitting twists 3 sets   no rest	10 50 air bike crunches in total throughout the day
11 14 air bike crunches 6 sitting twists 3 sets   no rest	12 50 air bike crunches in total throughout the day	13 16 air bike crunches 6 sitting twists 3 sets   no rest	14 60 air bike crunches in total throughout the day	15 16 air bike crunches 6 sitting twists 3 sets   no rest
16 60 air bike crunches in total throughout the day	17 18 air bike crunches 6 sitting twists 3 sets   no rest	18 70 air bike crunches in total throughout the day	19 18 air bike crunches 6 sitting twists 3 sets   no rest	20 70 air bike crunches in total throughout the day
21 20 air bike crunches 6 sitting twists 3 sets   no rest	22 80 air bike crunches in total throughout the day	23 20 air bike crunches 6 sitting twists 3 sets   no rest	24 80 air bike crunches in total throughout the day	25 22 air bike crunches 6 sitting twists 3 sets   no rest
26 90 air bike crunches in total throughout the day	27 22 air bike crunches 6 sitting twists 3 sets   no rest	28 90 air bike crunches in total throughout the day	29 24 air bike crunches 6 sitting twists 3 sets   no rest	30 100 air bike crunches in total throughout the day