



30 FOR 30 ABS CHALLENGE

EVERY
WORKOUT
counts

Let's get stronger together!

Commit to 30 situps and a 30-second plank a day for the next 30 days.
Jumpstart your strength and fitness training today!



1 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	2 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	3 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	4 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	5 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	6 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	7 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	
8 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	9 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	10 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	11 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	12 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	13 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	14 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	
15 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	16 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	17 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	18 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	19 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	20 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	21 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	
22 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	23 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	24 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	25 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	26 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	27 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	28 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	
29 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	30 <input type="checkbox"/> 30 SITUPS <input type="checkbox"/> 30-SEC PLANK	CORE				DO THIS for you	