

better abs



30-DAY CHALLENGE @ darebee.com

1 8 leg circles 3 sets 30sec rest	2 12 knee crunches 3 sets 30sec rest	3 9 leg circles 3 sets 30sec rest	4 14 knee crunches 3 sets 30sec rest	5 10 leg circles 3 sets 30sec rest
6 16 knee crunches 3 sets 30sec rest	7 11 leg circles 3 sets 30sec rest	8 18 knee crunches 3 sets 30sec rest	9 12 leg circles 3 sets 30sec rest	10 20 knee crunches 3 sets 30sec rest
11 13 leg circles 3 sets 30sec rest	12 22 knee crunches 3 sets 30sec rest	13 14 leg circles 3 sets 30sec rest	14 24 knee crunches 3 sets 30sec rest	15 15 leg circles 3 sets 30sec rest
16 26 knee crunches 3 sets 30sec rest	17 16 leg circles 3 sets 30sec rest	18 28 knee crunches 3 sets 30sec rest	19 17 leg circles 3 sets 30sec rest	20 30 knee crunches 3 sets 30sec rest
21 18 leg circles 3 sets 30sec rest	22 32 knee crunches 3 sets 30sec rest	23 19 leg circles 3 sets 30sec rest	24 34 knee crunches 3 sets 30sec rest	25 20 leg circles 3 sets 30sec rest
26 36 knee crunches 3 sets 30sec rest	27 21 leg circles 3 sets 30sec rest	28 38 knee crunches 3 sets 30sec rest	29 22 leg circles 3 sets 30sec rest	30 40 knee crunches 3 sets 30sec rest