

30-Day Ab Challenge

Ensure to warm up before and cool down after your workouts. Contact your doctor before beginning any new exercise regimen.
Listen to your body and adjust the intensity as needed.

<input type="checkbox"/> Day 1 10 sit-ups 10 crunches 15-sec plank 5 leg raises	<input type="checkbox"/> Day 2 12 sit-ups 12 crunches 20-sec plank 7 leg raises	<input type="checkbox"/> Day 3 Rest or Light Cardio	<input type="checkbox"/> Day 4 15 sit-ups 15 crunches 25-sec plank 10 leg raises	<input type="checkbox"/> Day 5 20 sit-ups 20 crunches 30-sec plank 12 leg raises	<input type="checkbox"/> Day 6 Rest or Light Cardio
<input type="checkbox"/> Day 7 25 sit-ups 25 crunches 35-sec plank 15 leg raises	<input type="checkbox"/> Day 8 30 sit-ups 30 crunches 40-sec plank 17 leg raises	<input type="checkbox"/> Day 9 Rest or Light Cardio	<input type="checkbox"/> Day 10 35 sit-ups 35 crunches 45-sec plank 20 leg raises	<input type="checkbox"/> Day 11 40 sit-ups 40 crunches 50-sec plank 22 leg raises	<input type="checkbox"/> Day 12 Rest or Light Cardio
<input type="checkbox"/> Day 13 45 sit-ups 45 crunches 55-sec plank 25 leg raises	<input type="checkbox"/> Day 14 50 sit-ups 50 crunches 60-sec plank 27 leg raises	<input type="checkbox"/> Day 15 Rest or Light Cardio	<input type="checkbox"/> Day 16 55 sit-ups 55 crunches 65-sec plank 30 leg raises	<input type="checkbox"/> Day 17 60 sit-ups 60 crunches 70-sec plank 32 leg raises	<input type="checkbox"/> Day 18 Rest or Light Cardio
<input type="checkbox"/> Day 19 65 sit-ups 65 crunches 75-sec plank 35 leg raises	<input type="checkbox"/> Day 20 70 sit-ups 70 crunches 80-sec plank 37 leg raises	<input type="checkbox"/> Day 21 Rest or Light Cardio	<input type="checkbox"/> Day 22 75 sit-ups 75 crunches 85-sec plank 40 leg raises	<input type="checkbox"/> Day 23 80 sit-ups 80 crunches 90-sec plank 42 leg raises	<input type="checkbox"/> Day 24 Rest or Light Cardio
<input type="checkbox"/> Day 25 85 sit-ups 85 crunches 95-sec plank 45 leg raises	<input type="checkbox"/> Day 26 90 sit-ups 90 crunches 100-sec plank 47 leg raises	<input type="checkbox"/> Day 27 Rest or Light Cardio	<input type="checkbox"/> Day 28 100 sit-ups 100 crunches 110-sec plank 52 leg raises	<input type="checkbox"/> Day 29 105 sit-ups 105 crunches 120-sec plank 55 leg raises	<input type="checkbox"/> Day 30 Rest or Light Cardio

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- Days 1-5: Foundation building
- Days 6-10: Intensity increment
- Days 11-15: Core strengthening
- Days 16-20: Endurance building
- Days 21-25: Advanced core
- Days 26-30: Peak challenge

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