BRAZEN FIT 24-DAYS AB CHALLENGE

DAYS	DAYS	FIT	DAYS	DAYS
1-6	7-12		13-18	19-24
5 crunches	20 crunches		75 crunches	120 crunches
5 leg raises	20 leg raises		40 leg raises	50 leg raises
10 sec plank	30 sec plank		50 sec plank	75 sec plank
8 crunches	Abs-So-Tightly		85 crunches	Abs-So-Tightly
8 leg raises	Right!		42 leg raises	Right!
12 sec plank	rest day		55 sec plank	rest day
10 crunches	30 crunches		90 crunches	130 crunches
10 leg raises	30 leg raises		42 leg raises	52 leg raises
15 sec plank	35 sec plank		60 sec plank	80 sec plank
Abs-So-Tightly	50 crunches		Abs-So-Tightly	140 crunches
Right!	50 leg raises		Right!	55 leg raises
rest day	38 sec plank		rest day	85 sec plank
12 crunches	65 crunches		100 crunches	150 crunches
12 leg raises	33 leg raises		45 leg raises	58 leg raises
20 sec plank	42 sec plank		65 sec plank	90 sec plank
15 crunches	Abs-So-Tightly		110 crunches	Abs-So-Tightly
15 leg raises	Right!		48 leg raises	Right!
25 sec plank	rest day		70 sec plank	rest day







CRUNCHES LEG RAISES

PLANK

30 Day Brazen Ab Challenge

AW Rasmussen

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