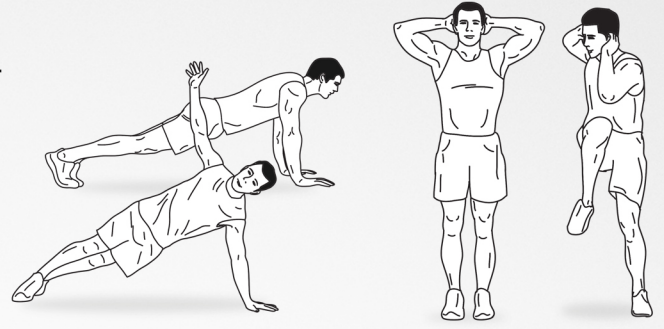


# ABS & CORE BLAST



— 30-DAY CHALLENGE —

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1 30 knee-to-elbows 5 sets   30sec rest	2 10 plank rotations 10-count plank hold 3 sets   non-stop	3 30 knee-to-elbows 5 sets   30sec rest	4 10 plank rotations 10-count plank hold 3 sets   non-stop	5 32 knee-to-elbows 5 sets   30sec rest
6 12 plank rotations 10-count plank hold 3 sets   non-stop	7 32 knee-to-elbows 5 sets   30sec rest	8 12 plank rotations 10-count plank hold 3 sets   non-stop	9 34 knee-to-elbows 5 sets   30sec rest	10 14 plank rotations 10-count plank hold 3 sets   non-stop
11 34 knee-to-elbows 5 sets   30sec rest	12 14 plank rotations 10-count plank hold 3 sets   non-stop	13 36 knee-to-elbows 5 sets   30sec rest	14 16 plank rotations 10-count plank hold 3 sets   non-stop	15 36 knee-to-elbows 5 sets   30sec rest
16 16 plank rotations 10-count plank hold 3 sets   non-stop	17 38 knee-to-elbows 5 sets   30sec rest	18 18 plank rotations 10-count plank hold 3 sets   non-stop	19 38 knee-to-elbows 5 sets   30sec rest	20 18 plank rotations 10-count plank hold 3 sets   non-stop
21 40 knee-to-elbows 5 sets   30sec rest	22 20 plank rotations 10-count plank hold 3 sets   non-stop	23 40 knee-to-elbows 5 sets   30sec rest	24 20 plank rotations 10-count plank hold 3 sets   non-stop	25 42 knee-to-elbows 5 sets   30sec rest
26 22 plank rotations 10-count plank hold 3 sets   non-stop	27 42 knee-to-elbows 5 sets   30sec rest	28 22 plank rotations 10-count plank hold 3 sets   non-stop	29 44 knee-to-elbows 5 sets   30sec rest	30 24 plank rotations 10-count plank hold 3 sets   non-stop