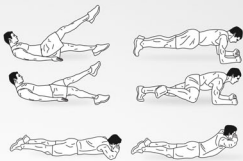


# abs of steel

— 30-DAY CHALLENGE —



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1 22 flutter kicks 3 sets   30sec rest	2 12 plank crunches 4 back extensions 3 sets   30sec rest	3 22 flutter kicks 3 sets   30sec rest	4 12 plank crunches 4 back extensions 3 sets   30sec rest	5 22 flutter kicks 3 sets   30sec rest
6 12 plank crunches 4 back extensions 3 sets   30sec rest	7 24 flutter kicks 3 sets   30sec rest	8 14 plank crunches 4 back extensions 3 sets   30sec rest	9 24 flutter kicks 3 sets   30sec rest	10 14 plank crunches 4 back extensions 3 sets   30sec rest
11 24 flutter kicks 3 sets   30sec rest	12 14 plank crunches 4 back extensions 3 sets   30sec rest	13 26 flutter kicks 3 sets   30sec rest	14 16 plank crunches 4 back extensions 3 sets   30sec rest	15 26 flutter kicks 3 sets   30sec rest
16 16 plank crunches 4 back extensions 3 sets   30sec rest	17 26 flutter kicks 3 sets   30sec rest	18 16 plank crunches 4 back extensions 3 sets   30sec rest	19 28 flutter kicks 3 sets   30sec rest	20 18 plank crunches 4 back extensions 3 sets   30sec rest
21 28 flutter kicks 3 sets   30sec rest	22 18 plank crunches 4 back extensions 3 sets   30sec rest	23 28 flutter kicks 3 sets   30sec rest	24 18 plank crunches 4 back extensions 3 sets   30sec rest	25 30 flutter kicks 3 sets   30sec rest
26 20 plank crunches 4 back extensions 3 sets   30sec rest	27 30 flutter kicks 3 sets   30sec rest	28 20 plank crunches 4 back extensions 3 sets   30sec rest	29 30 flutter kicks 3 sets   30sec rest	30 20 plank crunches 4 back extensions 3 sets   30sec rest