

the impossible



abs



— 30-DAY CHALLENGE —

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1 8 leg raises 8 side bridges 3 sets 30sec rest	2 20 seconds elbow plank hold 3 sets 30sec rest	3 8 leg raises 8 side bridges 3 sets 30sec rest	4 20 seconds elbow plank hold 3 sets 30sec rest	5 10 leg raises 10 side bridges 3 sets 30sec rest
6 25 seconds elbow plank hold 3 sets 30sec rest	7 10 leg raises 10 side bridges 3 sets 30sec rest	8 25 seconds elbow plank hold 3 sets 30sec rest	9 12 leg raises 12 side bridges 3 sets 30sec rest	10 30 seconds elbow plank hold 3 sets 30sec rest
11 12 leg raises 12 side bridges 3 sets 30sec rest	12 30 seconds elbow plank hold 3 sets 30sec rest	13 14 leg raises 14 side bridges 3 sets 30sec rest	14 35 seconds elbow plank hold 3 sets 30sec rest	15 14 leg raises 14 side bridges 3 sets 30sec rest
16 35 seconds elbow plank hold 3 sets 30sec rest	17 16 leg raises 16 side bridges 3 sets 30sec rest	18 40 seconds elbow plank hold 3 sets 30sec rest	19 16 leg raises 16 side bridges 3 sets 30sec rest	20 40 seconds elbow plank hold 3 sets 30sec rest
21 18 leg raises 18 side bridges 3 sets 30sec rest	22 45 seconds elbow plank hold 3 sets 30sec rest	23 18 leg raises 18 side bridges 3 sets 30sec rest	24 45 seconds elbow plank hold 3 sets 30sec rest	25 20 leg raises 20 side bridges 3 sets 30sec rest
26 50 seconds elbow plank hold 3 sets 30sec rest	27 20 leg raises 20 side bridges 3 sets 30sec rest	28 50 seconds elbow plank hold 3 sets 30sec rest	29 22 leg raises 22 side bridges 3 sets 30sec rest	30 60 seconds elbow plank hold 3 sets 30sec rest