

yoga

abs



— 30-DAY CHALLENGE —

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1 20sec boat pose 20sec knee hug 3 sets 30sec rest	2 20sec superman 3 sets 30sec rest	3 20sec boat pose 20sec knee hug 3 sets 30sec rest	4 20sec superman 3 sets 30sec rest	5 25sec boat pose 25sec knee hug 3 sets 30sec rest
6 25sec superman 3 sets 30sec rest	7 25sec boat pose 25sec knee hug 3 sets 30sec rest	8 25sec superman 3 sets 30sec rest	9 30sec boat pose 30sec knee hug 3 sets 30sec rest	10 30sec superman 3 sets 30sec rest
11 30sec boat pose 30sec knee hug 3 sets 30sec rest	12 30sec superman 3 sets 30sec rest	13 35sec boat pose 35sec knee hug 3 sets 30sec rest	14 35sec superman 3 sets 30sec rest	15 35sec boat pose 35sec knee hug 3 sets 30sec rest
16 35sec superman 3 sets 30sec rest	17 40sec boat pose 40sec knee hug 3 sets 30sec rest	18 40sec superman 3 sets 30sec rest	19 40sec boat pose 40sec knee hug 3 sets 30sec rest	20 40sec superman 3 sets 30sec rest
21 45sec boat pose 45sec knee hug 3 sets 30sec rest	22 45sec superman 3 sets 30sec rest	23 45sec boat pose 45sec knee hug 3 sets 30sec rest	24 45sec superman 3 sets 30sec rest	25 50sec boat pose 50sec knee hug 3 sets 30sec rest
26 50sec superman 3 sets 30sec rest	27 50sec boat pose 50sec knee hug 3 sets 30sec rest	28 50sec superman 3 sets 30sec rest	29 60sec boat pose 60sec knee hug 3 sets 30sec rest	30 60sec superman 3 sets 30sec rest