



**30-Day Crunch Challenge: Lower-ab w/leg lift + Leg extension w/butt lift + Oblique crunch + High-kick crunch + Cross-knee crunch**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
— <b>Week 1: 20 Reps</b>	— <b>Before Measurements:</b> Waist: _____ Abdomen: _____	— REMEMBER TO TAKE A PICTURE	—	— Take a good look at that tummy - it's going to look different in a few weeks!!	—	— Feeling Stronger?
— <b>Week 2: 30 Reps</b>	— New Week - what's your #1 Goal?	—	— What are you most proud of?	—	— FIT FRIDAY - FLAUNT IT!	—
— <b>Week 3: 40 Reps</b>	—	— ARE YOU REACHING YOUR GOALS?	—	— What's motivating you today?	—	— How's that tummy looking? Take a picture!
— <b>Week 4: 50 Reps</b>	— POST SOMETHING FUN ON FB!	—	— Who did you inspire today?	—	— What are you most looking forward to??	— What are you working for? Is it worth it?
— <b>Rest of Challenge: DO YOUR BEST! HOW STRONG ARE YOU NOW??</b>	— <b>After Measurements:</b> Waist: _____ Abdomen: _____	— How's the tummy looking? Much, much better!	—	— You just did 4K total ab exercises! HIGH 5!!!	—	— Final Picture - How does it look?

**YOU CAN DO ANYTHING YOU THINK YOU CAN!**

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