

30 Day Abs Challenge

A half-hour-or-less abs challenge, great for a lunch-break resistance band session.

DAY 1 ☐ 5 Roll-Ups, 5 Ankle Reaches, 5 Leg Lifts	DAY 2 ☐ 6 Roll-Ups, 6 Ankle Reaches, 6 Leg Lifts	DAY 3 ☐ 7 Roll-Ups, 7 Ankle Reaches, 7 Leg Lifts	DAY 4 ☐ 8 Roll-Ups, 8 Ankle Reaches, 8 Leg Lifts	DAY 5 ☐ 9 Roll-Ups, 9 Ankle Reaches, 9 Leg Lifts
DAY 6 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts	DAY 7 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 5 Reverse Crunches	DAY 8 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 6 Reverse Crunches	DAY 9 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 7 Reverse Crunches	DAY 10 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 8 Reverse Crunches
DAY 11 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 9 Reverse Crunches	DAY 12 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 10 Reverse Crunches	DAY 13 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 10 Reverse Crunches, 5 Criss-Crosses	DAY 14 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 10 Reverse Crunches, 6 Criss-Crosses	DAY 15 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 10 Reverse Crunches, 7 Criss-Crosses
DAY 16 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 10 Reverse Crunches, 8 Criss-Crosses	DAY 17 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 10 Reverse Crunches, 9 Criss-Crosses	DAY 18 ☐ 10 Roll-Ups, 10 Ankle Reaches, 10 Leg Lifts, 10 Reverse Crunches, 10 Criss-Crosses	DAY 19 ☐ 11 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 20 ☐ 12 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses
DAY 21 ☐ 13 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 22 ☐ 14 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 23 ☐ 15 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 24 ☐ 16 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 25 ☐ 17 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses
DAY 26 ☐ 18 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 27 ☐ 19 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 28 ☐ 20 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 29 ☐ 21 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses	DAY 30 ☐ 22 of each: Roll-Ups, Ankle Reaches, Leg Lifts, Reverse Crunches, Criss-Crosses

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges