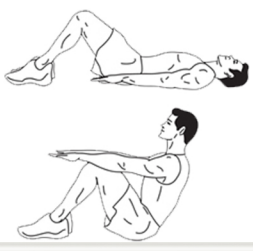
TOTAL ABS

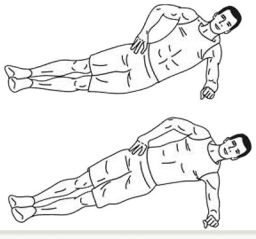
30-DAY CHALLENGE

Day-1	Day-2	Day-3	Day-4	Day-5
10 Sit-ups 10 Hip bridges 20 Flutter kicks 30sec plank	14 Sit-ups 14 Hip bridges 40 Flutter kicks 40sec plank	16 Sit-ups 16 Hip bridges 60 Flutter kicks 45sec plank	20 Sit-ups 20 Hip bridges 20 Flutter kicks 20sec plank	24 Sit-ups 24 Hip bridges 80 Flutter kicks 50sec plank
Day-6	**Day-7**	**Day-8**	**Day-9**	**Day-10**
26 Sit-ups 26 Hip bridges 100 Flutter kicks 1min plank	28 Sit-ups 28 Hip bridges 110 Flutter kicks 1min 10sec plank	20 Sit-ups 20 Hip bridges 20 Flutter kicks 20sec plank	30 Sit-ups 30 Hip bridges 120 Flutter kicks 1min 20sec plank	32 Sit-ups 32 Hip bridges 130 Flutter kicks 1min 30sec plank
Day-11	**Day-12**	**Day-13**	**Day-14**	**Day-15**
34 Sit-ups 34 Hip bridges 140 Flutter kicks 1min 40sec plank	20 Sit-ups 20 Hip bridges 20 Flutter kicks 20sec plank	36 Sit-ups 36 Hip bridges 150 Flutter kicks 1min 45sec plank	38 Sit-ups 38 Hip bridges 160 Flutter kicks 1min 50sec plank	40 Sit-ups 40 Hip bridges 170 Flutter kicks 2min plank
Day-16	**Day-17**	**Day-18**	**Day-19**	**Day-20**
20 Sit-ups 20 Hip bridges 20 Flutter kicks 20sec plank	42 Sit-ups 42 Hip bridges 180 Flutter kicks 2min 10sec plank	44 Sit-ups 44 Hip bridges 190 Flutter kicks 2min 20sec plank	46 Sit-ups 46 Hip bridges 200 Flutter kicks 2min 30sec plank	20 Sit-ups 20 Hip bridges 20 Flutter kicks 20sec plank
Day-21	**Day-22**	**Day-23**	**Day-24**	**Day-25**
50 Sit-ups 50 Hip bridges 210 Flutter kicks 2min 40sec plank	52 Sit-ups 52 Hip bridges 220 Flutter kicks 2min 50sec plank	54 Sit-ups 54 Hip bridges 230 Flutter kicks 3min plank	20 Sit-ups 20 Hip bridges 20 Flutter kicks 20sec plank	60 Sit-ups 60 Hip bridges 250 Flutter kicks 3min 10sec plank
Day-26	**Day-27**	**Day-28**	**Day-29**	**Day-30**
62 Sit-ups 62 Hip bridges 260 Flutter kicks 3min 20sec plank	64 Sit-ups 64 Hip bridges 280 Flutter kicks 3min 30sec plank	20 Sit-ups 20 Hip bridges 20 Flutter kicks 20sec plank	68 Sit-ups 68 Hip bridges 290 Flutter kicks 3min 40sec plank	70 Sit-ups 70 Hip bridges 300 Flutter kicks 4min plank

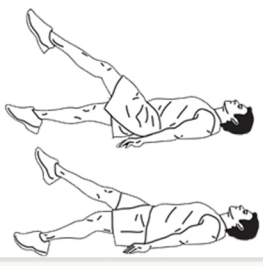
Sit-ups



Hip bridges



Flutter kicks



Plank