

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 10 Turning Crunches 5 Rocking Chairs 10 Slow Bicycles 5 Leg Lifts 10sec Ab Plank	<b>2</b> 15 Turning Crunches 6 Rocking Chairs 15 Slow Bicycles 6 Leg Lifts 12sec Ab Plank	<b>3</b> 20 Turning Crunches 7 Rocking Chairs 20 Slow Bicycles 7 Leg Lifts 14sec Ab Plank	<b>4</b> 25 Turning Crunches 8 Rocking Chairs 25 Slow Bicycles 8 Leg Lifts 16sec Ab Plank	<b>5</b> 30 Turning Crunches 9 Rocking Chairs 30 Slow Bicycles 9 Leg Lifts 18sec Ab Plank	<b>6</b> 35 Turning Crunches 10 Rocking Chairs 35 Slow Bicycles 10 Leg Lifts 20sec Ab Plank	<b>7</b> R E S T	
<b>8</b> 40 Turning Crunches 11 Rocking Chairs 40 Slow Bicycles 11 Leg Lifts 22sec Ab Plank	<b>9</b> 45 Turning Crunches 12 Rocking Chairs 45 Slow Bicycles 12 Leg Lifts 24sec Ab Plank	<b>10</b> 50 Turning Crunches 13 Rocking Chairs 50 Slow Bicycles 13 Leg Lifts 26sec Ab Plank	<b>11</b> 55 Turning Crunches 14 Rocking Chairs 55 Slow Bicycles 14 Leg Lifts 28sec Ab Plank	<b>12</b> 60 Turning Crunches 15 Rocking Chairs 60 Slow Bicycles 15 Leg Lifts 30sec Ab Plank	<b>13</b> 65 Turning Crunches 16 Rocking Chairs 65 Slow Bicycles 16 Leg Lifts 32sec Ab Plank	<b>14</b> R E S T	
<b>15</b> 70 Turning Crunches 17 Rocking Chairs 70 Slow Bicycles 17 Leg Lifts 34sec Ab Plank	<b>16</b> 75 Turning Crunches 18 Rocking Chairs 75 Slow Bicycles 18 Leg Lifts 36sec Ab Plank	<b>17</b> 80 Turning Crunches 19 Rocking Chairs 80 Slow Bicycles 19 Leg Lifts 38sec Ab Plank	<b>18</b> 85 Turning Crunches 20 Rocking Chairs 85 Slow Bicycles 20 Leg Lifts 40sec Ab Plank	<b>19</b> 90 Turning Crunches 21 Rocking Chairs 90 Slow Bicycles 21 Leg Lifts 42sec Ab Plank	<b>20</b> 95 Turning Crunches 22 Rocking Chairs 95 Slow Bicycles 22 Leg Lifts 44sec Ab Plank	<b>21</b> R E S T	
<b>22</b> 100 Turning Crunches 23 Rocking Chairs 100 Slow Bicycles 23 Leg Lifts 46sec Ab Plank	<b>23</b> 105 Turning Crunches 24 Rocking Chairs 105 Slow Bicycles 24 Leg Lifts 48sec Ab Plank	<b>24</b> 110 Turning Crunches 25 Rocking Chairs 110 Slow Bicycles 25 Leg Lifts 50sec Ab Plank	<b>25</b> 115 Turning Crunches 26 Rocking Chairs 115 Slow Bicycles 26 Leg Lifts 52sec Ab Plank	<b>26</b> 120 Turning Crunches 27 Rocking Chairs 120 Slow Bicycles 27 Leg Lifts 54sec Ab Plank	<b>27</b> 125 Turning Crunches 28 Rocking Chairs 125 Slow Bicycles 28 Leg Lifts 56sec Ab Plank	<b>28</b> R E S T	
<b>29</b> 130 Turning Crunches 29 Rocking Chairs 130 Slow Bicycles 29 Leg Lifts 58sec Ab Plank	<b>30</b> 135 Turning Crunches 30 Rocking Chairs 135 Slow Bicycles 30 Leg Lifts 60sec Ab Plank	<a href="http://www.fitbyfaith.net">www.fitbyfaith.net</a>					