

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> <b>10 Standing Pikes</b> Each <b>10 Cross Crunch</b> Each side <b>10 Side Bends</b> Each side <b>10 Side Crunch</b> Each side <b>10sec Squat Hold</b>	<b>2</b> <b>12 Standing Pikes</b> Each <b>12 Cross Crunch</b> Each side <b>12 Side Bends</b> Each side <b>12 Side Crunch</b> Each side <b>12sec Squat Hold</b>	<b>3</b> <b>14 Standing Pikes</b> Each <b>14 Cross Crunch</b> Each side <b>14 Side Bends</b> Each side <b>14 Side Crunch</b> Each side <b>14sec Squat Hold</b>	<b>4</b> <b>16 Standing Pikes</b> Each <b>16 Cross Crunch</b> Each side <b>16 Side Bends</b> Each side <b>16 Side Crunch</b> Each side <b>16sec Squat Hold</b>	<b>5</b> <b>18 Standing Pikes</b> Each <b>18 Cross Crunch</b> Each side <b>18 Side Bends</b> Each side <b>18 Side Crunch</b> Each side <b>18sec Squat Hold</b>	<b>6</b> <b>20 Standing Pikes</b> Each <b>20 Cross Crunch</b> Each side <b>20 Side Bends</b> Each side <b>20 Side Crunch</b> Each side <b>20sec Squat Hold</b>	<b>7</b> <b>R</b> <b>E</b> <b>S</b> <b>T</b>	
<b>8</b> <b>22 Standing Pikes</b> Each <b>22 Cross Crunch</b> Each side <b>22 Side Bends</b> Each side <b>22 Side Crunch</b> Each side <b>22sec Squat Hold</b>	<b>9</b> <b>24 Standing Pikes</b> Each <b>24 Cross Crunch</b> Each side <b>24 Side Bends</b> Each side <b>24 Side Crunch</b> Each side <b>24sec Squat Hold</b>	<b>10</b> <b>26 Standing Pikes</b> Each <b>26 Cross Crunch</b> Each side <b>26 Side Bends</b> Each side <b>26 Side Crunch</b> Each side <b>26sec Squat Hold</b>	<b>11</b> <b>28 Standing Pikes</b> Each <b>28 Cross Crunch</b> Each side <b>28 Side Bends</b> Each side <b>28 Side Crunch</b> Each side <b>28sec Squat Hold</b>	<b>12</b> <b>30 Standing Pikes</b> Each <b>30 Cross Crunch</b> Each side <b>30 Side Bends</b> Each side <b>30 Side Crunch</b> Each side <b>30sec Squat Hold</b>	<b>13</b> <b>32 Standing Pikes</b> Each <b>32 Cross Crunch</b> Each side <b>32 Side Bends</b> Each side <b>32 Side Crunch</b> Each side <b>32sec Squat Hold</b>	<b>14</b> <b>R</b> <b>E</b> <b>S</b> <b>T</b>	
<b>15</b> <b>34 Standing Pikes</b> Each <b>34 Cross Crunch</b> Each side <b>34 Side Bends</b> Each side <b>34 Side Crunch</b> Each side <b>34sec Squat Hold</b>	<b>16</b> <b>36 Standing Pikes</b> Each <b>36 Cross Crunch</b> Each side <b>36 Side Bends</b> Each side <b>36 Side Crunch</b> Each side <b>36sec Squat Hold</b>	<b>17</b> <b>38 Standing Pikes</b> Each <b>38 Cross Crunch</b> Each side <b>38 Side Bends</b> Each side <b>38 Side Crunch</b> Each side <b>38sec Squat Hold</b>	<b>18</b> <b>40 Standing Pikes</b> Each <b>40 Cross Crunch</b> Each side <b>40 Side Bends</b> Each side <b>40 Side Crunch</b> Each side <b>40sec Squat Hold</b>	<b>19</b> <b>42 Standing Pikes</b> Each <b>42 Cross Crunch</b> Each side <b>42 Side Bends</b> Each side <b>42 Side Crunch</b> Each side <b>42sec Squat Hold</b>	<b>20</b> <b>44 Standing Pikes</b> Each <b>44 Cross Crunch</b> Each side <b>44 Side Bends</b> Each side <b>44 Side Crunch</b> Each side <b>44sec Squat Hold</b>	<b>21</b> <b>R</b> <b>E</b> <b>S</b> <b>T</b>	
<b>22</b> <b>46 Standing Pikes</b> Each <b>46 Cross Crunch</b> Each side <b>46 Side Bends</b> Each side <b>46 Side Crunch</b> Each side <b>46sec Squat Hold</b>	<b>23</b> <b>48 Standing Pikes</b> Each <b>48 Cross Crunch</b> Each side <b>48 Side Bends</b> Each side <b>48 Side Crunch</b> Each side <b>48sec Squat Hold</b>	<b>24</b> <b>50 Standing Pikes</b> Each <b>50 Cross Crunch</b> Each side <b>50 Side Bends</b> Each side <b>50 Side Crunch</b> Each side <b>50sec Squat Hold</b>	<b>25</b> <b>52 Standing Pikes</b> Each <b>52 Cross Crunch</b> Each side <b>52 Side Bends</b> Each side <b>52 Side Crunch</b> Each side <b>52sec Squat Hold</b>	<b>26</b> <b>54 Standing Pikes</b> Each <b>54 Cross Crunch</b> Each side <b>54 Side Bends</b> Each side <b>54 Side Crunch</b> Each side <b>54sec Squat Hold</b>	<b>27</b> <b>56 Standing Pikes</b> Each <b>56 Cross Crunch</b> Each side <b>56 Side Bends</b> Each side <b>56 Side Crunch</b> Each side <b>56sec Squat Hold</b>	<b>28</b> <b>R</b> <b>E</b> <b>S</b> <b>T</b>	
<b>29</b> <b>58 Standing Pikes</b> Each <b>58 Cross Crunch</b> Each side <b>58 Side Bends</b> Each side <b>58 Side Crunch</b> Each side <b>58sec Squat Hold</b>	<b>30</b> <b>60 Standing Pikes</b> Each <b>60 Cross Crunch</b> Each side <b>60 Side Bends</b> Each side <b>60 Side Crunch</b> Each side <b>60sec Squat Hold</b>	<a href="http://www.fitbyfaith.net">www.fitbyfaith.net</a>					