

30 Day CRUNCH Challenge

Day 1: 20 Crunches	Day 2: 25 Crunches	Day 3: 30 Crunches	Day 4: REST DAY!	Day 5: 40 Crunches	Day 6: 45 Crunches	Day 7: 50 Crunches
Day 8: REST DAY!	Day 9: 60 Crunches	Day 10: 65 Crunches	Day 11: 70 Crunches	Day 12: REST DAY!	Day 13: 80 Crunches	Day 14: 90 Crunches
Day 15: 95 Crunches	Day 16: REST DAY!	Day 17: 100 Crunches	Day 18: 105 Crunches	Day 19: 110 Crunches	Day 20: REST DAY!	Day 21: 115 Crunches
Day 22: 120 Crunches	Day 23: 125 Crunches	Day 24: REST DAY!	Day 25: 130 Crunches	Day 26: 135 Crunches	Day 27: 140 Crunches	Day 28: REST DAY!
Day 29: 145 Crunches	Day 30: 150 Crunches!	WAY TO GO!!! YOU DID IT!!!				