

IT'S CRUNCH TIME

It's time to work your core with our crunch challenge.
 Commit to completing the month and giving your abs a strength step up.

Note: Respect the rest days, your body needs them. As the amount of crunches grow divide them into sets.

DAY 1 30	DAY 2 75	DAY 3 120	DAY 4 50	DAY 5 REST	DAY 6 100	DAY 7 50
DAY 8 45	DAY 9 60	DAY 10 75	DAY 11 REST	DAY 12 95	DAY 13 45	DAY 14 70
DAY 15 125	DAY 16 REST	DAY 17 40	DAY 18 100	DAY 19 75	DAY 20 90	DAY 21 75
DAY 22 REST	DAY 23 80	DAY 24 100	DAY 25 80	DAY 26 50	DAY 27 REST	DAY 28 130
DAY 29 95	DAY 30 75	DAY 31 150	<p>WELL DONE! How will you challenge yourself next?</p>			



Lie on the floor, legs bent at the knees, feet shoulder-width apart and flat on the floor.

Rest your arms on the floor at your sides, cross them on your chest or hold your hands lightly at your ears.

Raise only your head and shoulders from the floor to feel the abdominal muscles contract. Avoid pulling or flexing your head forward; keep your eyes looking above and ahead of you.

Return to your starting position. Exhale as you rise and inhale as you lower.