

#eLifestyleAbsChallenge

eLifestyle 31-Day Abs Challenge

- DAY 1** 10 BASIC CRUNCHES/ 10 SEC. PLANK
10 BASIC KNEE TUCKS/ 5 BASIC RUSSIAN TWISTS
- DAY 2** 15 BASIC CRUNCHES/ 15 SEC. PLANK
15 BASIC KNEE TUCKS/ 7 BASIC RUSSIAN TWISTS
- DAY 3** 20 BASIC CRUNCHES/ 20 SEC. PLANK
20 BASIC KNEE TUCKS/ 9 BASIC RUSSIAN TWISTS
- DAY 4** REST DAY
- DAY 5** 25 BASIC CRUNCHES/ 25 SEC. PLANK
25 BASIC KNEE TUCKS/ 11 BASIC RUSSIAN TWISTS
- DAY 6** 30 BASIC CRUNCHES/ 30 SEC. PLANK
30 BASIC KNEE TUCKS/ 13 BASIC RUSSIAN TWISTS
- DAY 7** 35 BASIC CRUNCHES/ 35 SEC. PLANK
35 BASIC KNEE TUCKS/ 15 BASIC RUSSIAN TWISTS
- DAY 8** REST DAY
- DAY 9** 40 BASIC CRUNCHES/ 40 SEC. PLANK
40 BASIC KNEE TUCKS/ 17 BASIC RUSSIAN TWISTS
- DAY 10** 45 BASIC CRUNCHES/ 45 SEC. PLANK
45 BASIC KNEE TUCKS/ 19 BASIC RUSSIAN TWISTS
- DAY 11** 50 BASIC CRUNCHES/ 50 SEC. PLANK
50 BASIC KNEE TUCKS/ 21 BASIC RUSSIAN TWISTS
- DAY 12** REST DAY
- DAY 13** 15 INTERM. CRUNCHES/ 55 SEC. PLANK
15 INTERM. KNEE TUCKS/ 10 INTERM. RUSSIAN TWISTS
- DAY 14** 15 INTERM. CRUNCHES/ 60 SEC. PLANK
20 INTERM. KNEE TUCKS/ 12 INTERM. RUSSIAN TWISTS
- DAY 15** 20 INTERM. CRUNCHES/ 65 SEC. PLANK
25 INTERM. KNEE TUCKS/ 14 INTERM. RUSSIAN TWISTS
- DAY 16** REST DAY
- DAY 17** 25 INT. CRUNCHES/ 70 SEC. PLANK
30 INT. KNEE TUCKS/ 16 INT. RUSSIAN TWISTS
- DAY 18** 30 INT. CRUNCHES/ 75 SEC. PLANK
35 INT. KNEE TUCKS/ 18 INT. RUSSIAN TWISTS
- DAY 19** 35 INT. CRUNCHES/ 80 SEC. PLANK
30 INT. KNEE TUCKS/ 20 INT. RUSSIAN TWISTS
- DAY 20** REST DAY
- DAY 21** 40 INT. CRUNCHES/ 85 SEC. PLANK
35 INT. KNEE TUCKS/ 22 INT. RUSSIAN TWISTS
- DAY 22** 45 INT. CRUNCHES/ 90 SEC. PLANK
40 INT. KNEE TUCKS/ 24 INT. RUSSIAN TWISTS
- DAY 23** 50 INT. CRUNCHES/ 95 SEC. PLANK
45 INT. KNEE TUCKS/ 26 INT. RUSSIAN TWISTS
- DAY 24** REST DAY
- DAY 25** 15 ADV. CRUNCHES/ 100 SEC. PLANK
10 ADV. KNEE TUCKS/ 10 ADV. RUSSIAN TWISTS
- DAY 26** 20 ADV. CRUNCHES/ 105 SEC. PLANK
15 ADV. KNEE TUCKS/ 12 ADV. RUSSIAN TWISTS
- DAY 27** 25 ADV. CRUNCHES/ 110 SEC. PLANK
20 ADV. KNEE TUCKS/ 14 ADV. RUSSIAN TWISTS
- DAY 28** REST DAY
- DAY 29** 30 ADV. CRUNCHES/ 115 SEC. PLANK
25 ADV. KNEE TUCKS/ 16 ADV. RUSSIAN TWISTS
- DAY 30** 35 ADV. CRUNCHES/ 115 SEC. PLANK
30 ADV. KNEE TUCKS/ 18 ADV. RUSSIAN TWISTS
- DAY 31** 40 ADV. CRUNCHES/ 115 SEC. PLANK
35 ADV. KNEE TUCKS/ 20 ADV. RUSSIAN TWISTS