

# June 30-Day Ab Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Who:</b> Anyone interested in toning their stomach and building core strength.  <b>What:</b> Calendar with core strength building exercises: crunches, leg raises, and planks.  <b>Why:</b> A strong core can support a strong body!</p>					<p><b>1</b></p> <p>15 crunches 6 leg raises 10 second plank</p>	<p><b>2</b></p> <p>20 crunches 8 leg raises 15 second plank</p>
<p><b>3</b></p> <p>25 crunches 10 leg raises 20 second plank</p>	<p><b>4</b></p> <p>30 crunches 12 leg raises 25 second plank</p>	<p><b>5</b></p> <p>35 crunches 14 leg raises 30 second plank</p>	<p><b>6</b></p> <p>40 crunches 16 leg raises 35 second plank</p>	<p><b>7</b></p> <p>45 crunches 18 leg raises 40 second plank</p>	<p><b>8</b></p> <p>50 crunches 20 leg raises 45 second plank</p>	<p><b>9</b></p> <p>55 crunches 22 leg raises 50 second plank</p>
<p><b>10</b></p> <p>60 crunches 24 leg raises 55 second plank</p>	<p><b>11</b></p> <p>65 crunches 26 leg raises 60 second plank</p>	<p><b>12</b></p> <p>70 crunches 28 leg raises 65 second plank</p>	<p><b>13</b></p> <p>75 crunches 30 leg raises 70 second plank</p>	<p><b>14</b></p> <p>80 crunches 32 leg raises 75 second plank</p>	<p><b>15</b></p> <p>85 crunches 34 leg raises 80 second plank</p>	<p><b>16</b></p> <p>90 crunches 36 leg raises 85 second plank</p>
<p><b>17</b></p> <p>95 crunches 38 leg raises 90 second plank</p>	<p><b>18</b></p> <p>100 crunches 40 leg raises 95 second plank</p>	<p><b>19</b></p> <p>105 crunches 42 leg raises 100 second plank</p>	<p><b>20</b></p> <p>110 crunches 44 leg raises 105 second plank</p>	<p><b>21</b></p> <p>115 crunches 46 leg raises 110 second plank</p>	<p><b>22</b></p> <p>120 crunches 48 leg raises 115 second plank</p>	<p><b>23</b></p> <p>125 crunches 50 leg raises 120 second plank</p>
<p><b>24</b></p> <p>130 crunches 52 leg raises 125 second plank</p>	<p><b>25</b></p> <p>135 crunches 54 leg raises 130 second plank</p>	<p><b>26</b></p> <p>140 crunches 56 leg raises 135 second plank</p>	<p><b>27</b></p> <p>145 crunches 58 leg raises 140 second plank</p>	<p><b>28</b></p> <p>150 crunches 60 leg raises 145 second plank</p>	<p><b>29</b></p> <p>155 crunches 62 leg raises 150 second plank</p>	<p><b>30</b></p> <p>160 crunches 64 leg raises 155 second plank</p>

