

# Ab Challenge 2015

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## 30 Day Challenge

Follow this plan and post your progress, before and after photos etc... on our [Facebook](#) or [Instagram](#) page for your chance to win a Chodat singlet. Use the hash tag #chodatfitness30daychallenge and we'll choose the best photo and results to win!

- DAY 1** – 10 SEC PLANK, 5 FULL SIT UPS, 5 TOE TOUCH CRUNCHES
- DAY 2** – 12 SEC PLANK, 8 FULL SIT UPS, 8 TOE TOUCH CRUNCHES
- DAY 3** – 15 SEC PLANK, 10 FULL SIT UPS, 12 TOE TOUCH CRUNCHES
- DAY 4** – REST DAY
- DAY 5** - 20 SEC PLANK, 12 FULL SIT UPS, 16 TOE TOUCH CRUNCHES
- DAY 6** – 25 SEC PLANK, 16 FULL SIT UPS, 20 TOE TOUCH CRUNCHES
- DAY 7** – 30 SEC PLANK, 20 FULL SIT UPS, 25 TOE TOUCH CRUNCHES
- DAY 8** – REST DAY
- DAY 9** – 35 SEC PLANK, 24 FULL SIT UPS, 28 TOE TOUCH CRUNCHES
- DAY 10** – 40 SEC PLANK, 28 FULL SIT UPS, 32 TOE TOUCH CRUNCHES
- DAY 11** – 45 SEC PLANK, 30 FULL SIT UPS, 38 TOE TOUCH CRUNCHES
- DAY 12** - REST DAY
- DAY 13** – 55 SEC PLANK, 35 FULL SIT UPS, 45 TOE TOUCH CRUNCHES
- DAY 14** - 1 MIN PLANK, 38 FULL SIT UPS, 48 TOE TOUCH CRUNCHES
- DAY 15** - 1.05 MIN PLANK, 40 FULL SIT UPS, 50 TOE TOUCH CRUNCHES
- DAY 16** - REST DAY
- DAY 17** - 1.15 MIN PLANK, 45 FULL SIT UPS, 55 TOE TOUCH CRUNCHES
- DAY 18** - 1.20 MIN PLANK, 48 FULL SIT UPS, 58 TOE TOUCH CRUNCHES
- DAY 19** - 1.25 MIN PLANK, 50 FULL SIT UPS, 60 TOE TOUCH CRUNCHES
- DAY 20** - REST DAY
- DAY 21** - 1.35 MIN PLANK, 55 FULL SIT UPS, 65 TOE TOUCH CRUNCHES
- DAY 22** - 1.40 MIN PLANK, 58 FULL SIT UPS, 68 TOE TOUCH CRUNCHES
- DAY 23** - 1.45 MIN PLANK, 60 FULL SIT UPS, 70 TOE TOUCH CRUNCHES
- DAY 24** - REST DAY
- DAY 25** - 1.55 MIN PLANK, 65 FULL SIT UPS, 75 TOE TOUCH CRUNCHES
- DAY 26** - 2 MIN PLANK, 68 FULL SIT UPS, 78 TOE TOUCH CRUNCHES
- DAY 27** - 2.05 MIN PLANK, 70 FULL SIT UPS, 80 TOE TOUCH CRUNCHES
- DAY 28** - REST DAY
- DAY 29** - 2.15 MIN PLANK, 75 FULL SIT UPS, 85 TOE TOUCH CRUNCHES
- DAY 30** - AS LONG AS YOU CAN PLANK, MAXIMUM FULL SIT UPS, MAXIMUM TOE TOUCH CRUNCHES