

# 30-DAY ABS CHALLENGE CALENDAR

<b>1</b> 15-sec Plank 15-sec Boat 20 Scissor Twists 10 Leg Lifts	<b>2</b> 20-sec Plank 20-sec Boat 26 Scissor Twists 16 Leg Lifts	<b>3</b> 10 Best Ab Exercises Video	<b>4</b> 25-sec Plank 25-sec Boat 30 Scissor Twists 20 Leg Lifts
<b>5</b> 30-sec Plank 30-sec Boat 34 Scissor Twists 24 Leg Lifts	<b>6</b> Quick HIIT for Flat Abs Video	<b>7</b> Rest Day 	<b>8</b> 35-sec Plank 35-sec Boat 40 Scissor Twists 30 Leg Lifts
<b>9</b> 40-sec Plank 40-sec Boat 46 Scissor Twists 36 Leg Lifts	<b>10</b> 10 Best Ab Exercises Video	<b>11</b> 45-sec Plank 45-sec Boat 50 Scissor Twists 40 Leg Lifts	<b>12</b> 50-sec Plank 50-sec Boat 56 Scissor Twists 46 Leg Lifts
<b>13</b> Quick HIIT for Flat Abs Video	<b>14</b> Rest Day 	<b>15</b> 55-sec Plank 55-sec Boat 60 Scissor Twists 50 Leg Lifts	<b>16</b> 60-sec Plank 60-sec Boat 66 Scissor Twists 56 Leg Lifts
<b>17</b> 10 Best Ab Exercises Video	<b>18</b> 65-sec Plank 65-sec Boat 70 Scissor Twists 60 Leg Lifts	<b>19</b> 70-sec Plank 70-sec Boat 76 Scissor Twists 66 Leg Lifts	<b>20</b> 10-Minute Plyo HIIT Video
<b>21</b> Rest Day 	<b>22</b> 75-sec Plank 75-sec Boat 80 Scissor Twists 70 Leg Lifts	<b>23</b> 80-sec Plank 80-sec Boat 86 Scissor Twists 76 Leg Lifts	<b>24</b> 10 Best Ab Exercises Video
<b>25</b> 85-sec Plank 85-sec Boat 90 Scissor Twists 80 Leg Lifts	<b>26</b> 90-sec Plank 90-sec Boat 96 Scissor Twists 86 Leg Lifts	<b>27</b> 10-Minute Plyo HIIT Video	<b>28</b> Rest Day 
<b>29</b> 100-sec Plank 100-sec Boat 100 Scissor Twists 90 Leg Lifts	<b>30</b> 2-min Plank 2-min Boat 110 Scissor Twists 100 Leg Lifts	<b>LIVESTRONG.COM</b>	