

# 30 Day Ab & Leg Challenge

(December 2 - December 31)

- Day 1 → 10 sit ups//10 calf raises//  
25 squats
- Day 2 → 20 sit ups//15 calf raises//  
30 squats
- Day 3 → 5 sit ups//20 calf raises//  
35 squats
- Day 4 → 10 sit ups//25 calf raises//  
40 squats
- Day 5 → 5 sit ups//10 calf raises//  
20 squats
- Day 6 → 15 sit ups//30 calf raises//  
50 squats
- Day 7 → 20 sit ups//35 calf raises//  
55 squats
- Day 8 → 30 sit ups//40 calf raises//  
60 squats
- Day 9 → REST DAY
- Day 10 → 10 sit ups//10 calf raises//  
25 squats
- Day 11 → 40 sit ups//50 calf raises//  
65 squats
- Day 12 → 45 sit ups//60 calf raises//  
70 squats
- Day 13 → 5 sit ups//5 calf raises//  
5 squats
- Day 14 → 10 sit ups//10 calf raises//  
10 squats
- Day 15 → 20 sit ups//30 calf raises//  
20 squats
- Day 16 → 25 sit ups//30 calf raises//  
45 squats
- Day 17 → 40 sit ups//50 calf raises//  
60 squats
- Day 18 → REST DAY!
- Day 19 → 5 sit ups//5 calf raises//  
5 squats
- Day 20 → 10 sit ups//10 calf raises//  
25 squats
- Day 21 → 20 sit ups//15 calf raises//  
35 squats
- Day 22 → 20 sit ups//25 calf raises//  
45 squats
- Day 23 → 10 sit ups//40 calf raises//  
55 squats
- Day 24 → 10 sit ups//50 calf raises//  
65 squats
- Day 25 → 15 sit ups//50 calf raises//  
65 squats
- Day 26 → 20 sit ups//70 calf raises//  
85 squats
- Day 27 → REST DAY!
- Day 28 → 25 sit ups//80 calf raises//  
95 squats
- Day 29 → 30 sit ups//90 calf raises//  
95 squats
- Day 30 → 40 sit ups//100 calf raises//  
100 squats