

Fab Abs February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 3 sit ups 2 push ups 5 sec plank	30 5 sit ups 3 push ups 5 sec plank	31 8 sit ups 4 push ups 10 sec plank	1 10 sit ups 5 push ups 10 sec plank	2 15 sit ups 6 push ups 20 sec plank	3 20 sit ups 7 push ups 20 sec plank	4 25 sit ups 8 push ups 25 sec plank
5 30 sit ups 9 push ups 25 sec plank	6 Rest	7 30 sit ups 9 push ups 30 sec plank	8 35 sit ups 10 push ups 30 sec plank	9 35 sit ups 11 push ups 40 sec plank	10 40 sit ups 12 push ups 40 sec plank	11 45 sit ups 13 push ups 45 sec plank
12 Rest	13 45 sit ups 13 push ups 50 sec plank	14 50 sit ups 14 push ups 50 sec plank	15 55 sit ups 15 push ups 55 sec plank	16 55 sit ups 16 push ups 60 sec plank	17 60 sit ups 17 push ups 65 sec plank	18 Rest
19 65 sit ups 18 push ups 70 sec plank	20 70 sit ups 19 push ups 75 sec plank	21 75 sit ups 20 push ups 75 sec plank	22 75 sit ups 21 push ups 80 sec plank	23 80 sit ups 22 push ups 90 sec plank	24 Rest	25 85 sit ups 22 push ups 95 sec plank
26 90 sit ups 23 push ups 100 sec plank	27 90 sit ups 24 push ups 100 sec plank	28 95 sit ups 24 push ups 110 sec plank	1 95 sit ups 25 push ups 110 sec plank	2 100 sit ups 25 push ups 120 sec plank	3 100 sit ups 25 push ups 120 sec plank	4 Rest