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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **SEPTEMBER AB CHALLENGE** | | | 1 | | | |
|  | | | |
| 2  Leg raises on bench: 3x15  Flutter | 3  Reverse Crunch: 2x25 | 4  Russian Twist: 3x40 | 5  Scissor Kicks: 3x40 | 6  Bicycle Crunch: 4x25 | 7  Flutter Kicks: 3x40 | 8  Spiderman Crawl: |
| Flutter Kicks: 3x20 | Concentrated Crunch: 3x25  Legs In & Out: 3x20 | Alternating Toe Touch: 4x20  Heel Touches: 4x25  Plank: 2x 30 sec | Toe Tap & Raise: 3x25  Side Plank Dip: 3x10  Standing Criss Cross Crunch: 3x10ea. | Leg Raises: 3x20  Plank Knee-In: 3x10  Concentrated Criss Cross Crunch: 3x25 | Hands to Middle: 2x50  Legs In & Out: 3x20  Side Dips: 3x20 | 3x15  Toe Tap & Raise: 3x25  Plank: 3x30 sec |
| 9  Russian Twist: 3x40 | 10  Flutter Kicks: 3x20 | 11  Spiderman Crawl: | 12  Concentrated Crunch: | 13  Scissor Kicks: 3x40 | 14  Side Dips: 3x20 | 15  V-Ups: 4x15 |
| Side Plank Dip: 3x10  Reverse Crunch: 2x25  Standing Criss Cross Crunch: 3x10ea. | Leg Raises: 3x20  Heels to Heaven: 3x15  V-Ups: 3x15 | 3x15  Heel Touches: 4x25  Toe Tap & Raise: 3x25  Plank: 3x45 sec | 2x50  Hands to Middle: 3x25  Crunchy Frog: 4x15 | Leg Raises: 3x20  Concentrated Criss Cross Crunch: 3x25  Side Plank Dip: 3x15 | Russian Twist: 3x40  Heels to Heaven: 3x15  Bicycle Crunch: 4x25 | Toe Tan & Raise:3x25  Flutter Kicks: 3x40  Legs In & Out: 3x20 |
| 16  Pike Ups: 3x20  Plank Knee-Ins: 3x10ea. | 17  Concentrated Crunch: 2x50 | 18  Crunchy Frog: 4x15  Side Plank Dip: 3x15 | 19  Legs In & Out: 3x20  Knee In Cross Over: | 20  Side Arm Crunch: 2x25 | 21  Reverse Crunch: 2x25 | 22  Heel Touches: 4x25  Concentrated Crunch: |
| Side Dips: 3x20  Bicycle Crunch:3x40 | Spiderman Crawl: 3x15  Heel Touches: 4x25  Plank: 1 min. | Standing Criss Cross Crunch: 3x10ea. Reverse Crunch: 3x20 | 3x10ea.  Russian Twist: 3x40  Toe Tap & Raise: 3x20 | Side Dips: 3x20  Hip Touch Plank: 4x20  Leg Raises: 3x20 | Concentrated Crunch: 3x25  Legs In & Out: 3x20 | 4x25  Plank: 2x1 min.  Spiderman Crawl: 2x15 |
| 23  Leg Raises: 3x20 | 24  Toe Tap & Raise: 3x25 | 25  Side Plank Dip: 3x15 | 26  Flutter Kicks: 3x20 | 27  Reverse Crunch: 2x25 | 28  Russian Twist: 3x40 | 29  Standing Criss Cross Crunch: 3x10ea. |
| Legs In & Out: 3x20  Side Arm Crunch: 2x25  Bicycle Crunch: 3x40 | Side Plank Dip: 3x10  Standing Criss Cross Crunch: 3x10ea.  Scissor Kicks: 3x40 | Heel Touches: 3x30  Hands to Middle: 2x50  Plank Knee-Ins: 3x10ea. | Leg Raises: 3x20  Heels to Heaven: 3x15  V-Ups: 3x15 | Concentrated Crunch: 3x25  Legs In & Out: 3x20 | Side Plank Dip: 3x10  Reverse Crunch: 2x25  Standing Criss Cross Crunch: 3x10ea. | Concentrated Crunch: 3x25  Side Plank Dip: 3x15  Plank: 2x1 min. |
| 30  Leg Raises: 3x20 |  |  |  |  |  |  |
| Pike Ups: 3x20  Legs In & out: 3x20  Plank: 3x1 min. |  |  |  |  |  |  |