|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **SEPTEMBER AB CHALLENGE** | 1 |
|  |
| 2 Leg raises on bench: 3x15Flutter  | 3Reverse Crunch: 2x25 | 4Russian Twist: 3x40 | 5Scissor Kicks: 3x40 | 6Bicycle Crunch: 4x25 | 7Flutter Kicks: 3x40 | 8Spiderman Crawl: |
| Flutter Kicks: 3x20 | Concentrated Crunch: 3x25Legs In & Out: 3x20 | Alternating Toe Touch: 4x20Heel Touches: 4x25Plank: 2x 30 sec | Toe Tap & Raise: 3x25Side Plank Dip: 3x10Standing Criss Cross Crunch: 3x10ea. | Leg Raises: 3x20Plank Knee-In: 3x10Concentrated Criss Cross Crunch: 3x25 | Hands to Middle: 2x50Legs In & Out: 3x20Side Dips: 3x20 | 3x15Toe Tap & Raise: 3x25Plank: 3x30 sec |
| 9Russian Twist: 3x40 | 10Flutter Kicks: 3x20 | 11Spiderman Crawl:  | 12Concentrated Crunch: | 13Scissor Kicks: 3x40 | 14Side Dips: 3x20 | 15V-Ups: 4x15 |
| Side Plank Dip: 3x10Reverse Crunch: 2x25Standing Criss Cross Crunch: 3x10ea. | Leg Raises: 3x20Heels to Heaven: 3x15V-Ups: 3x15 | 3x15Heel Touches: 4x25Toe Tap & Raise: 3x25Plank: 3x45 sec | 2x50Hands to Middle: 3x25Crunchy Frog: 4x15 | Leg Raises: 3x20Concentrated Criss Cross Crunch: 3x25Side Plank Dip: 3x15 | Russian Twist: 3x40Heels to Heaven: 3x15Bicycle Crunch: 4x25 | Toe Tan & Raise:3x25Flutter Kicks: 3x40Legs In & Out: 3x20 |
| 16Pike Ups: 3x20Plank Knee-Ins: 3x10ea. | 17Concentrated Crunch: 2x50 | 18Crunchy Frog: 4x15Side Plank Dip: 3x15 | 19Legs In & Out: 3x20Knee In Cross Over: | 20Side Arm Crunch: 2x25 | 21Reverse Crunch: 2x25 | 22Heel Touches: 4x25Concentrated Crunch: |
| Side Dips: 3x20Bicycle Crunch:3x40 | Spiderman Crawl: 3x15Heel Touches: 4x25Plank: 1 min. | Standing Criss Cross Crunch: 3x10ea.Reverse Crunch: 3x20 | 3x10ea.Russian Twist: 3x40Toe Tap & Raise: 3x20 | Side Dips: 3x20Hip Touch Plank: 4x20Leg Raises: 3x20 | Concentrated Crunch: 3x25Legs In & Out: 3x20 | 4x25Plank: 2x1 min.Spiderman Crawl: 2x15 |
| 23Leg Raises: 3x20 | 24Toe Tap & Raise: 3x25 | 25Side Plank Dip: 3x15 | 26Flutter Kicks: 3x20 | 27Reverse Crunch: 2x25 | 28Russian Twist: 3x40 | 29Standing Criss Cross Crunch: 3x10ea. |
| Legs In & Out: 3x20Side Arm Crunch: 2x25Bicycle Crunch: 3x40 | Side Plank Dip: 3x10Standing Criss Cross Crunch: 3x10ea.Scissor Kicks: 3x40 | Heel Touches: 3x30Hands to Middle: 2x50Plank Knee-Ins: 3x10ea. | Leg Raises: 3x20Heels to Heaven: 3x15V-Ups: 3x15 | Concentrated Crunch: 3x25Legs In & Out: 3x20 | Side Plank Dip: 3x10Reverse Crunch: 2x25Standing Criss Cross Crunch: 3x10ea. | Concentrated Crunch: 3x25Side Plank Dip: 3x15Plank: 2x1 min. |
| 30Leg Raises: 3x20 |  |  |  |  |  |  |
| Pike Ups: 3x20Legs In & out: 3x20Plank: 3x1 min. |  |  |  |  |  |  |