

April Abs & Core

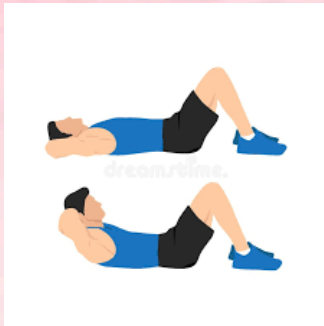
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10 Sit-ups 10 Mountain Climbers 10 Leg Lowers	2. 10 Bicycle Crunches 10 V-Ups 10 Russian Twists	3. 10 Sit-ups 10 Mountain Climbers 10 Leg Lowers	4. 10 Bicycle Crunches 10 V-Ups 10 Russian Twists	5. 10 Sit-ups 10 Mountain Climbers 10 Leg Lowers	6. 10 Crunches 10 Scissors 10 Knee Tucks
7. Rest Day	8. 20 Sit-ups 20 Mountain Climbers 20 Leg Lowers	9. 20 Bicycle Crunches 20 V-Ups 20 Russian Twists	10. 20 Sit-ups 20 Mountain Climbers 20 Leg Lowers	11. 20 Bicycle Crunches 20 V-Ups 20 Russian Twists	12. 20 Sit-ups 20 Mountain Climbers 20 Leg Lowers	13. 20 Crunches 20 Scissors 20 Knee Tucks
14. Rest Day	15. 30 Sit-ups 30 Mountain Climbers 30 Leg Lowers	16. 30 Bicycle Crunches 30 V-Ups 30 Russian Twists	17. 30 Sit-ups 30 Mountain Climbers 30 Leg Lowers	18. 30 Bicycle Crunches 30 V-Ups 30 Russian Twists	19. 30 Sit-ups 30 Mountain Climbers 30 Leg Lowers	20. 30 Crunches 30 Scissors 30 Knee Tucks
21. Rest Day	22. 40 Sit-ups 40 Mountain Climbers 40 Leg Lowers	23. 40 Bicycle Crunches 40 V-Ups 40 Russian Twists	24. 40 Sit-ups 40 Mountain Climbers 40 Leg Lowers	25. 40 Bicycle Crunches 40 V-Ups 40 Russian Twists	26. 40 Sit-ups 40 Mountain Climbers 40 Leg Lowers	27. 40 Crunches 40 Scissors 40 Knee Tucks
28. Rest Day	29. 50 Sit-ups 50 Mountain Climbers 50 Leg Lowers	30. 50 Bicycle Crunches 50 V-Ups 50 Russian Twists				



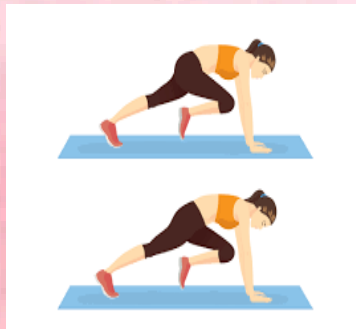
FITNESS

Monday / Wed / Friday:

Sit-ups



Mountain Climbers



Leg Lowers



Tuesday / Thursday:

Bicycle Crunches



V-Ups



Russian Twists



Saturday:

Crunches



Scissor Kicks



Knee Tucks

