







Day 1
15 cruches
6 leg raises
10 sec plank





Day 2
20 cruches
8 leg raises
15 sec plank





Day 3
25 cruches
10 leg raises
20 sec plank





Day 4
30 cruches
12 leg raises
25 sec plank





Day 5
35 cruches
14 leg raises
30 sec plank





Day 6
40 cruches
16 leg raises
35 sec plank





Day 7
45 cruches
18 leg raises
40 sec plank





Day 8
50 cruches
20 leg raises
45 sec plank





Day 9
55 cruches
22 leg raises
50 sec plank





Day 10
60 cruches
24 leg raises
55 sec plank





Day 11
65 cruches
26 leg raises
60 sec plank





Day 12
70 cruches
28 leg raises
65 sec plank





Day 13
75 cruches
30 leg raises
70 sec plank





Day 14
80 cruches
32 leg raises
75 sec plank





Day 15
85 cruches
34 leg raises
80 sec plank





Day 16
90 cruches
36 leg raises
85 sec plank





Day 17
95 cruches
38 leg raises
90 sec plank





Day 18
100 cruches
40 leg raises
95 sec plank





Day 19
105 cruches
42 leg raises
100 sec plank





Day 20
110 cruches
44 leg raises
105 sec plank





Day 21
115 cruches
46 leg raises
110 sec plank





Day 22
120 cruches
48 leg raises
115 sec plank





Day 23
125 cruches
50 leg raises
120 sec plank





Day 24
130 cruches
52 leg raises
125 sec plank





Day 25
135 cruches
54 leg raises
130 sec plank





Day 26
140 cruches
56 leg raises
135 sec plank





Day 27
145 cruches
58 leg raises
140 sec plank





Day 28
150 cruches
60 leg raises
145 sec plank




Day 29
155 cruches
62 leg raises
150 sec plank



Day 30
160 cruches
64 leg raises
155 sec plank



Day 31
165 cruches
66 leg raises
160 sec plank



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