

GoodtoKnow

The 30-day crunch challenge!

Maximum results from your living room!

<p>DAY 1 Dead bug 1 x 8 reps: Straight leg toe reaches 1 x 8 reps: Banana crunches 1 x 8 each side: Reverse crunches 1 x 8</p>	<p>DAY 2 Dead bug 1 x 8 reps: Straight leg toe reaches 1 x 8 reps: Banana crunches 1 x 8 each side: Reverse crunches 1 x 8</p>	<p>DAY 3 REST DAY</p>	<p>DAY 4 Dead bug 2 x 10 reps: Straight leg toe reaches 2 x 10 reps</p>	<p>DAY 5 Reverse crunches 2 x 10 reps: Banana crunches 2 x 10 reps each side</p>	<p>DAY 6 Dead bug 2 x 10 reps: Straight leg toe reaches 2 x 10 reps</p>	<p>DAY 7 Reverse crunches 2 x 10 reps: Banana crunches 2 x 10 reps each side</p>	<p>DAY 8 REST DAY</p>	<p>DAY 9 Dead bug 12 reps: Straight leg toe reaches 12 reps then rest - Repeat x 3</p>	<p>DAY 10 Reverse crunches 12 reps: Banana crunches 12 reps each side then rest - Repeat x 3</p>
<p>DAY 11 Dead bug 2 x 12 reps: Straight leg toe reaches 2 x 12 reps: Banana crunches 2 x 12 each side: Reverse crunches 2 x 12 (20secs rest)</p>	<p>DAY 12 REST DAY</p>	<p>DAY 13 Dead bug 12 reps: Straight leg toe reaches 12 reps then rest - Repeat x 4</p>	<p>DAY 14 Reverse crunches 12 reps: Banana crunches 12 reps each side then rest - Repeat x 4</p>	<p>DAY 15 REST DAY</p>	<p>DAY 16 Dead bug 12 reps (15secs rest) - Repeat x 8 - If you struggle to complete the reps rest for 30secs before continuing</p>	<p>DAY 17 Straight leg toe reaches 12 reps (15secs rest) - Repeat x 8 - If you struggle to complete the reps rest for 30secs before continuing</p>	<p>DAY 18 Banana crunches 12 reps each side (15secs rest) - Repeat x 8 - If you struggle to complete the reps rest for 30secs before continuing</p>	<p>DAY 19 Reverse crunches 12 reps (15secs rest) - Repeat x 8 - If you struggle to complete the reps rest for 30secs before continuing</p>	<p>DAY 20 REST DAY</p>
<p>DAY 21 Dead bug 3 x 16 reps : Straight leg toe reaches 3 x 15 reps: Banana crunches 3 x 12 each side: Reverse crunches 3 x 15</p>	<p>DAY 22 REST DAY</p>	<p>DAY 23 Dead bug 12 reps (20secs rest) - Repeat x 10 - If you struggle to complete the reps rest for 30secs before continuing</p>	<p>DAY 24 Straight leg toe reaches 12 reps (20secs rest) - Repeat x 10 - If you struggle to complete the reps rest for 30secs before continuing</p>	<p>DAY 25 Banana crunches 12 reps each side (20secs rest) - Repeat x 10 - If you struggle to complete the reps rest for 30secs before continuing</p>	<p>DAY 26 Reverse crunches 12 reps (20secs rest) - Repeat x 10 - If you struggle to complete the reps rest for 30secs before continuing</p>	<p>DAY 27 REST DAY</p>	<p>DAY 28 Dead bug Tabata* - max effort for 2secs (10secs rest) x 8 (follow timer) REST 2mins then repeat Tabata with straight leg toe reaches</p>	<p>DAY 29 Dead bug Tabata - max effort for 20secs (10secs rest) x 8 REST 2mins then repeat Tabata with straight leg toe reaches REST 2mins then repeat Tabata with reverse crunches!</p>	<p>DAY 30 Without rest perform 20 reps of dead bugs, 20 straight leg toe reaches, 12 banana crunches each side, 20 reverse crunches. 3 x circuit with 2mins rest</p>

Crunch your way to a flat stomach in 30 days!