

aMAYzing Abs Fitness Challenge

Push-ups can be done using a wall, or on your knees. Please modify other exercises as necessary. Make sure to do what feels comfortable. Please visit www.beachcitiesgym.com/challenge for more information about this challenge.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10 second plank, 10 crunches, 10 push-ups	10 second plank, 10 crunches, 10 push-ups	12 second plank, 12 crunches, 10 push-ups	12 second plank, 12 crunches, 12 push-ups	14 second plank, 14 crunches, 12 push-ups	14 second plank, 14 crunches, 14 push-ups	16 second plank, 16 crunches, 14 push-ups
8	9	10	11	12	13	14
REST	16 second plank, 16 crunches, 16 push-ups	18 second plank, 18 crunches, 16 push-ups	18 second plank, 18 crunches, 18 push-ups	20 second plank, 20 crunches, 18 push-ups	20 second plank, 20 crunches, 20 push-ups	22 second plank, 22 crunches, 20 push-ups
15	16	17	18	19	20	21
REST	22 second plank, 22 crunches, 22 push-ups	24 second plank, 24 crunches, 22 push-ups	24 second plank, 24 crunches, 24 push-ups	26 second plank, 26 crunches, 24 push-ups	26 second plank, 26 crunches, 26 push-up	28 second plank, 28 crunches, 26 push-ups
22	23	24	25	26	27	28
REST	28 second plank, 28 crunches, 28 push-ups	30 second plank, 30 crunches, 28 push-ups	30 second plank, 30 crunches, 30 push-ups	32 second plank, 32 crunches, 30 push-ups	32 second plank, 32 crunches, 32 push-ups	34 second plank, 34 crunches, 32 push-ups
29	30	31				
REST	34 second plank, 34 crunches, 34 push-ups	36 second plank, 36 crunches, 34 push-ups				



A Beach Cities Health District Program