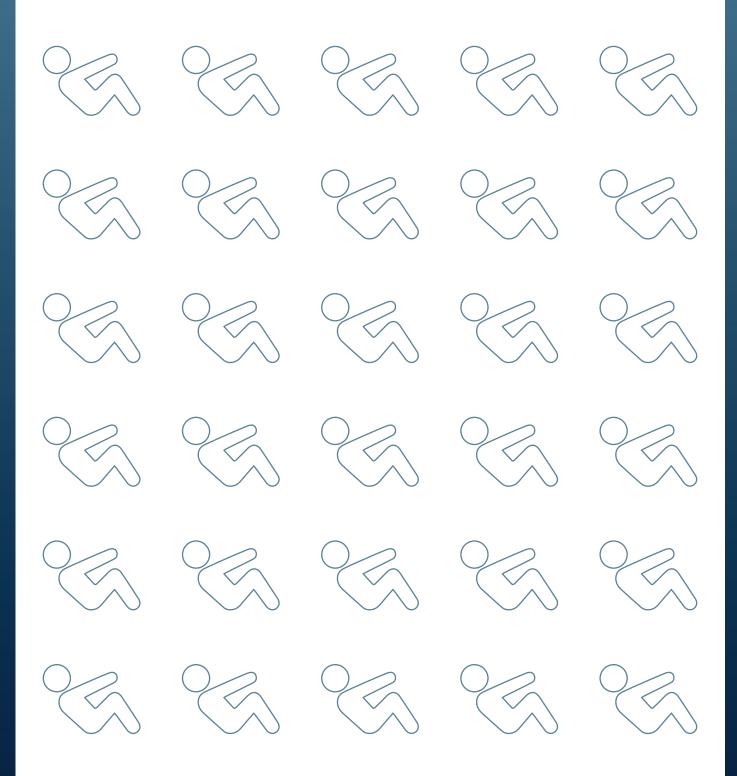
30 DAY AB CHALLENGE





30 DAY AB CHALLENGE

1	2	3	4	5
QTY. OF SIT-UPS				
6	7	8	9	10
QTY. OF SIT-UPS				
11	12	13	14	15
QTY. OF SIT-UPS				
16	17	18	19	20
QTY. OF SIT-UPS				
21	22	23	24	25
QTY. OF SIT-UPS				
26	27	28	29	30
QTY. OF SIT-UPS				

