

30 DAY AB CHALLENGE



 = _____ sit-ups

30 DAY AB CHALLENGE

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