

**30
DAY**

AB CHALLENGE

dannywallispt.com

The Abs You Want Are Only 30 Days Away...

Do you have what it takes to tick every box?

DAY 1 <input type="checkbox"/> 30 Second Plank <input type="checkbox"/> 12 Lower Abs 1 <input type="checkbox"/> 10 Dorsal Raise 1 <input type="checkbox"/> 20 Second Side Plank	DAY 2 <input type="checkbox"/> 30 Second Plank <input type="checkbox"/> 12 Lower Abs 1 <input type="checkbox"/> 10 Dorsal Raise 1 <input type="checkbox"/> 20 Second Side Plank	DAY 3 REST DAY	DAY 4 <input type="checkbox"/> 40 Second Plank <input type="checkbox"/> 16 Lower Abs 1 <input type="checkbox"/> 12 Dorsal Raise 1 <input type="checkbox"/> 20 Second Side Plank	DAY 5 <input type="checkbox"/> 40 Second Plank <input type="checkbox"/> 16 Lower Abs 1 <input type="checkbox"/> 12 Dorsal Raise 1 <input type="checkbox"/> 30 Second Side Plank
DAY 6 <input type="checkbox"/> 40 Second Plank <input type="checkbox"/> 16 Lower Abs 1 <input type="checkbox"/> 10 Dorsal Raise 2 <input type="checkbox"/> 30 Second Side Plank	DAY 7 REST DAY	DAY 8 <input type="checkbox"/> 50 Second Plank <input type="checkbox"/> 20 Lower Abs 1 <input type="checkbox"/> 10 Dorsal Raise 2 <input type="checkbox"/> 30 Second Side Plank	DAY 9 <input type="checkbox"/> 50 Second Plank <input type="checkbox"/> 20 Lower Abs 1 <input type="checkbox"/> 12 Dorsal Raise 2 <input type="checkbox"/> 30 Second Side Plank	DAY 10 REST DAY
DAY 11 <input type="checkbox"/> 50 Second Plank <input type="checkbox"/> 20 Lower Abs 1 <input type="checkbox"/> 12 Dorsal Raise 2 <input type="checkbox"/> 40 Second Side Plank	DAY 12 <input type="checkbox"/> 60 Second Plank <input type="checkbox"/> 16 lower Abs 2 <input type="checkbox"/> 12 Dorsal Raise 2 <input type="checkbox"/> 40 Second Side Plank	DAY 13 REST DAY	DAY 14 <input type="checkbox"/> 60 Second Plank <input type="checkbox"/> 16 Lower Abs 2 <input type="checkbox"/> 15 Dorsal Raise 2 <input type="checkbox"/> 40 Second Side Plank	DAY 15 <input type="checkbox"/> 16 Mountain Climb 1 <input type="checkbox"/> 16 Lower Abs 2 <input type="checkbox"/> 15 Dorsal Raise 2 <input type="checkbox"/> 50 Second Side Plank
DAY 16 <input type="checkbox"/> 16 Mountain Climb 1 <input type="checkbox"/> 20 Lower Abs 2 <input type="checkbox"/> 15 Dorsal Raise 2 <input type="checkbox"/> 50 Second Side Plank	DAY 17 REST DAY	DAY 18 <input type="checkbox"/> 16 Mountain Climb 1 <input type="checkbox"/> 20 Lower Abs 2 <input type="checkbox"/> 18 Dorsal Raise 2 <input type="checkbox"/> 50 Second Side Plank	DAY 19 <input type="checkbox"/> 18 Mountain Climb 1 <input type="checkbox"/> 12 Lower Abs 3 <input type="checkbox"/> 18 Dorsal Raise 2 <input type="checkbox"/> 60 Second Side Plank	DAY 20 REST DAY
DAY 21 <input type="checkbox"/> 18 Mountain Climb 1 <input type="checkbox"/> 12 Lower Abs 3 <input type="checkbox"/> 20 Dorsal Raise 2 <input type="checkbox"/> 60 Second Side Plank	DAY 22 <input type="checkbox"/> 20 Mountain Climb 1 <input type="checkbox"/> 12 Lower Abs 3 <input type="checkbox"/> 20 Dorsal Raise 2 <input type="checkbox"/> 60 Second Side Plank	DAY 23 <input type="checkbox"/> 20 Mountain Climb 1 <input type="checkbox"/> 16 Lower Abs 3 <input type="checkbox"/> 20 Dorsal Raise 2 <input type="checkbox"/> 60 Second Side Plank	DAY 24 REST DAY	DAY 25 <input type="checkbox"/> 16 Mountain Climb 2 <input type="checkbox"/> 16 Lower Abs 3 <input type="checkbox"/> 10 Dorsal Raise 3 <input type="checkbox"/> 12 Side Plank Lifts
DAY 26 <input type="checkbox"/> 16 Mountain Climb 2 <input type="checkbox"/> 16 lower Abs 3 <input type="checkbox"/> 10 Dorsal Raise 3 <input type="checkbox"/> 12 Side Plank Lifts	DAY 27 REST DAY	DAY 28 <input type="checkbox"/> 20 Mountain Climb 2 <input type="checkbox"/> 10 Lower Abs 4 <input type="checkbox"/> 12 Dorsal Raise 3 <input type="checkbox"/> 15 Side Plank Lifts	DAY 29 <input type="checkbox"/> 20 Mountain Climb 2 <input type="checkbox"/> 10 Lower Abs 4 <input type="checkbox"/> 12 Dorsal Raise 3 <input type="checkbox"/> 15 Side Plank Lifts	DAY 30 <input type="checkbox"/> 20 Mountain Climb 2 <input type="checkbox"/> 10 Lower Abs 4 <input type="checkbox"/> 12 Dorsal Raise 3 <input type="checkbox"/> 15 Side Plank Lifts



Well done! You have successfully completed the dannywallisPT 30 Day Ab Challenge!

Share your success with the world and post a photo of your completed sheet to my Facebook page www.facebook.com/dannywallispt