

**Day 1**

10 Squats  
15 Sec Plank  
5 Push Ups  
10 Crunches

**Day 2**

15 Squats  
20 Sec Plank  
10 Push Ups  
15 Crunches

**Day 3**

**Rest**

**Day 4**

17 Squats  
25 Sec Plank  
12 Push Ups  
20 Crunches

**Day 5**

20 Squats  
30 Sec Plank  
15 Push Ups  
22 Crunches

**Day 6**

22 Squats  
30 Sec Plank  
15 Push Ups  
25 Crunches

**Day 7**

**Rest**

**Day 8**

25 Squats  
2 x 15 Sec Plank  
(15 sec break  
between)  
15 Push Ups  
30 Crunches

**Day 9**

27 Squats  
2 x 15 Sec Plank  
(15 sec break  
between)  
17 Push Ups  
30 Crunches

**Day 10**

30 Squats  
2 x 17 Sec Plank  
(15 sec break  
between)  
17 Push Ups  
30 Crunches

**Day 11**

30 Squats  
2 x 20 Sec Plank  
(15 sec break  
between)  
17 Push Ups  
33 Crunches

**Day 12**

**Rest**

**Day 13**

32 Squats  
2 x 20 Sec Plank  
(15 sec break  
between)  
20 Push Ups  
35 Crunches

**Day 14**

35 Squats  
2 x 22 Sec Plank  
(15 sec break  
between)  
20 Push Ups  
35 Crunches

**Day 15**

35 Squats  
2 x 25 Sec Plank  
(15 sec break  
between)  
22 Push Ups  
37 Crunches

**Day 16**

37 Squats  
2 x 27 Sec Plank  
(15 sec break  
between)  
22 Push Ups  
37 Crunches

**Day 17**

40 Squats  
2 x 30 Sec Plank  
(15 sec break  
between)  
25 Push Ups  
40 Crunches

**Day 18**

**Rest**

**Day 19**

40 Squats  
3 x 15 Sec Plank  
(15 sec break  
between)  
27 Push Ups  
40 Crunches

**Day 20**

42 Squats  
3 x 17 Sec Plank  
(15 sec break  
between)  
30 Push Ups  
45 Crunches

**Day 21**

42 Squats  
3 x 20 Sec Plank  
(15 sec break  
between)  
32 Push Ups  
45 Crunches

**Day 22**

45 Squats  
3 x 20 Sec Plank  
(15 sec break  
between)  
35 Push Ups  
50 Crunches

**Day 23**

45 Squats  
3 x 22 Sec Plank  
(15 sec break  
between)  
35 Push Ups  
50 Crunches

**Day 24**

47 Squats  
3 x 25 Sec Plank  
(15 sec break  
between)  
37 Push Ups  
55 Crunches

**Day 25**

**Rest**

**Day 26**

50 Squats  
3 x 25 Sec Plank  
(15 sec break  
between)  
40 Push Ups  
55 Crunches

**Day 27**

52 Squats  
3 x 27 Sec Plank  
(15 sec break  
between)  
40 Push Ups  
60 Crunches

**Day 28**

55 Squats  
3 x 27 Sec Plank  
(15 sec break  
between)  
42 Push Ups  
60 Crunches

**Day 29**

55 Squats  
3 x 30 Sec Plank  
(15 sec break  
between)  
45 Push Ups  
65 Crunches

**Day 30**

60 Squats  
3 x 30 Sec Plank  
(15 sec break  
between)  
50 Push Ups  
70 Crunches