


# 24 Day Ab & Squat Challenge

DAYS 1 - 6	DAYS 7 - 12		DAYS 13 - 18	DAYS 19 - 24
5 mountain climbers 5 squats 10 sec plank hold	10 star crunches 10 alternating leg lifts 15 sec wall squat hold 10 wall push ups		15 mountain climbers 15 squat thrusts 8 plank up/downs	20-star crunches 10 alternating leg lifts 15 sec wall squat hold 10 rocking push ups
6 side crunches 6 alternating leg lifts 6 jump squats 6 push ups	12 bicycle crunches 12 sumo squats 12 side planks		20 side crunches 10 alternating leg lifts 15 jump squats 10 push ups	10 windmill crunches 15 sumo squats 10 sec side plank hold
7 Russian twists 7 bicycle crunches 7 squat walk up//back 10 sec plank hold	14 reverse crunches 14 alternating leg lifts 14 prisoner jump squats		15 Russian twists 5 crunches 6 squat walk up/back 10 sec plank hold	20 reverse crunches 10 leg lifts 15 prisoner jump squats
8 air bike crunches 8 alternating leg lifts 8 squats w/press 8 push ups	15 rope climber's crunches 15 squat jacks 10 sec plank hold		20 air bike crunches 10 leg lifts 15 squats w/press 10 inchworms (can add pushup)	15 rope climber's crunches 15 squat jacks 10 plank up/downs
10 plank knee ups 10 squats w/leg raise 10 Spiderman planks	10s L ups 12 sec 90° squat hold 14 push ups		15 plank up/downs 15 squats w/ leg raise 10 Spiderman planks	20 crunches 10s L ups 15 sec 90° squat hold 10 rocking push ups

#GAWK24DayFitnessChallenge

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