

JANUARY 2013 *31 Day Ab Challenge*

SUN	MON	TUE	WED	THU	FRI	SAT
Start your New Year off right!		1 Plank for Time	2 Crunches before bed	3 Tabata Thursday	4 Focus On: Back	5 Rest and Read
6 Sunday Circuit	7 Morning Ab Burner	8 Plank for Time	9 Ab ladder before bed	10 Tabata Thursday	11 Focus On: Chest	12 Rest and Read
13 Sunday Circuit	14 Morning Ab Burner	15 Plank for Time	16 Obliques before bed	17 Tabata Thursday	18 Focus On: Glutes	19 Rest and Read
20 Sunday Circuit	21 Morning Ab Burner	22 Plank for Time	23 Leg lifts before bed	24 Tabata Thursday	25 Focus On: Hips	26 Rest and Read
27 Sunday Circuit	28 Morning Ab Burner	29 Plank for Time	30 V-Sits before bed	31 Tabata Thursday AND Plank for Time	www.fitnessandfeta.com	