



STEVENAGE AND NORTH HERTS ATHLETICS

Day 1 15 sit ups / 5 crunches / 5 leg raises / 10 sec plank	Day 2 20 sit ups / 8 crunches / 8 leg raises / 12 sec plank	Day 3 25 sit ups / 10 crunches / 10 leg raises / 15 sec plank	Day 4 Rest Day	Day 5 30 sit ups / 12 crunches / 12 leg raises / 20 sec plank	Day 6 35 sit ups / 15 crunches / 15 leg raises / 25 sec plank	Day 7 40 sit ups / 20 crunches / 20 leg raises / 30 sec plank
Day 8 Rest Day	Day 9 45 sit ups / 30 crunches / 30 leg raises / 38 sec plank	Day 10 50 sit ups / 50 crunches / 30 leg raises / 38 sec plank	Day 11 55 sit ups / 65 crunches / 33 leg raises / 42 sec plank	Day 12 Rest Day	Day 13 60 sit ups / 75 crunches / 40 leg raises / 50 sec plank	Day 14 65 sit ups / 85 crunches / 42 leg raises / 55 sec plank
Day 15 70 sit ups / 95 crunches / 42 leg raises / 60 sec plank	Day 16 Rest Day	Day 17 75 sit ups / 100 crunches / 42 leg raises / 65 sec plank	Day 18 80 sit ups / 110 crunches / 48 leg raises / 70 sec plank	Day 19 85 sit ups / 120 crunches / 50 leg raises / 75 sec plank	Day 20 Rest Day	Day 21 90 sit ups / 130 crunches / 52 leg raises / 80 sec plank
Day 22 95 sit ups / 140 crunches / 55 leg raises / 85 sec plank	Day 23 100 sit ups / 150 crunches / 58 leg raises / 90 sec plank	Day 24 Rest Day	Day 25 105 sit ups / 160 crunches / 60 leg raises / 95 sec plank	Day 26 110 sit ups / 170 crunches / 60 leg raises / 100s plank	Day 27 115 sit ups / 180 crunches / 62 leg raises / 110s plank	Day 28 Rest Day
Day 29 120 sit ups / 190 crunches / 62 leg raises / 115s plank	Day 30 125 sit ups / 200 crunches / 65 leg raises / 120s plank					