

Are You Up for a Challenge?

30 DAY ABS & SQUATS CHALLENGE

DAYS



SIT-UPS



CRUNCHES



SQUATS

DAY 1	10	10	25
DAY 2	20	15	30
DAY 3	05	20	35
DAY 4	10	25	40
DAY 5	05	10	30
DAY 6	15	30	50
DAY 7	20	35	55
DAY 8	30	40	60

DAY 9



REST DAY

Subscribe to our
Newsletter www.fitnessrepublic.com/newsletter

www.fitnessrepublic.com

Week 2 – Join in now!

30 DAY ABS & SQUATS CHALLENGE

DAYS



SIT-UPS



CRUNCHES



SQUATS

DAY 10	10	10	25
DAY 11	40	50	65
DAY 12	45	60	70
DAY 13	05	05	05
DAY 14	10	10	10
DAY 15	20	30	20
DAY 16	25	30	45
DAY 17	40	50	70

DAY 18



REST DAY

Subscribe to our
Newsletter www.fitnessrepublic.com/newsletter

www.fitnessrepublic.com

Week 3 – Join in now!

30 DAY ABS & SQUATS CHALLENGE

DAYS



SIT-UPS



CRUNCHES



SQUATS

DAY 19	05	05	05
DAY 20	10	10	25
DAY 21	20	15	35
DAY 22	20	25	55
DAY 23	10	40	55
DAY 24	10	50	65
DAY 25	15	60	65
DAY 26	20	70	85

DAY 27



REST DAY


Subscribe to our
Newsletter www.fitnessrepublic.com/newsletter

www.fitnessrepublic.com

Week 4 – Finish Strong!

30 DAY ABS & SQUATS CHALLENGE

DAYS



SIT-UPS **CRUNCHES** **SQUATS**

DAY 28	25	80	95
DAY 29	30	90	95
DAY 30	40	100	100

Subscribe to our Newsletter www.fitnessrepublic.com/newsletter www.fitnessrepublic.com

You DID IT!!! 😊