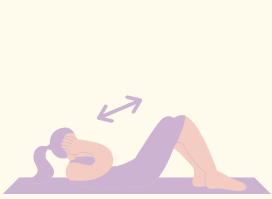


30 Day

LOSE BELLY FAT

Challenge



Sit-up



Ankle Reach



Plank



Criss Cross



Boat Pose

DAY 1

- 12 Sit-ups
- 12 Ankle Reaches
- 12 Sec Plank
- 12 Criss Crosses
- 12 Sec Boat Pose

DAY 2

- 13 Sit-ups
- 13 Ankle Reaches
- 13 Sec Plank
- 13 Criss Crosses
- 13 Sec Boat Pose

DAY 3

- 14 Sit-ups
- 14 Ankle Reaches
- 14 Sec Plank
- 14 Criss Crosses
- 14 Sec Boat Pose

DAY 4

- 15 Sit-ups
- 15 Ankle Reaches
- 15 Sec Plank
- 15 Criss Crosses
- 15 Sec Boat Pose

DAY 5

- 16 Sit-ups
- 16 Ankle Reaches
- 16 Sec Plank
- 16 Criss Crosses
- 16 Sec Boat Pose

DAY 6

- 17 Sit-ups
- 17 Ankle Reaches
- 17 Sec Plank
- 17 Criss Crosses
- 17 Sec Boat Pose

DAY 7

- 18 Sit-ups
- 18 Ankle Reaches
- 18 Sec Plank
- 18 Criss Crosses
- 18 Sec Boat Pose

DAY 8

- 19 Sit-ups
- 19 Ankle Reaches
- 19 Sec Plank
- 19 Criss Crosses
- 19 Sec Boat Pose

DAY 9

- 20 Sit-ups
- 20 Ankle Reaches
- 20 Sec Plank
- 20 Criss Crosses
- 20 Sec Boat Pose

DAY 10

- 21 Sit-ups
- 21 Ankle Reaches
- 21 Sec Plank
- 21 Criss Crosses
- 21 Sec Boat Pose

DAY 11

- 22 Sit-ups
- 22 Ankle Reaches
- 22 Sec Plank
- 22 Criss Crosses
- 22 Sec Boat Pose

DAY 12

- 23 Sit-ups
- 23 Ankle Reaches
- 23 Sec Plank
- 23 Criss Crosses
- 23 Sec Boat Pose

DAY 13

- 24 Sit-ups
- 24 Ankle Reaches
- 24 Sec Plank
- 24 Criss Crosses
- 24 Sec Boat Pose

DAY 14

- 25 Sit-ups
- 25 Ankle Reaches
- 25 Sec Plank
- 25 Criss Crosses
- 25 Sec Boat Pose

DAY 15

- 26 Sit-ups
- 26 Ankle Reaches
- 26 Sec Plank
- 26 Criss Crosses
- 26 Sec Boat Pose

DAY 16

- 27 Sit-ups
- 27 Ankle Reaches
- 27 Sec Plank
- 27 Criss Crosses
- 27 Sec Boat Pose

DAY 17

- 28 Sit-ups
- 28 Ankle Reaches
- 28 Sec Plank
- 28 Criss Crosses
- 28 Sec Boat Pose

DAY 18

- 29 Sit-ups
- 29 Ankle Reaches
- 29 Sec Plank
- 29 Criss Crosses
- 29 Sec Boat Pose

DAY 19

- 30 Sit-ups
- 30 Ankle Reaches
- 30 Sec Plank
- 30 Criss Crosses
- 30 Sec Boat Pose

DAY 20

- 31 Sit-ups
- 31 Ankle Reaches
- 31 Sec Plank
- 31 Criss Crosses
- 31 Sec Boat Pose

DAY 21

- 32 Sit-ups
- 32 Ankle Reaches
- 32 Sec Plank
- 32 Criss Crosses
- 32 Sec Boat Pose

DAY 22

- 33 Sit-ups
- 33 Ankle Reaches
- 33 Sec Plank
- 33 Criss Crosses
- 33 Sec Boat Pose

DAY 23

- 34 Sit-ups
- 34 Ankle Reaches
- 34 Sec Plank
- 34 Criss Crosses
- 34 Sec Boat Pose

DAY 24

- 35 Sit-ups
- 35 Ankle Reaches
- 35 Sec Plank
- 35 Criss Crosses
- 35 Sec Boat Pose

DAY 25

- 36 Sit-ups
- 36 Ankle Reaches
- 36 Sec Plank
- 36 Criss Crosses
- 36 Sec Boat Pose

DAY 26

- 37 Sit-ups
- 37 Ankle Reaches
- 37 Sec Plank
- 37 Criss Crosses
- 37 Sec Boat Pose

DAY 27

- 38 Sit-ups
- 38 Ankle Reaches
- 38 Sec Plank
- 38 Criss Crosses
- 38 Sec Boat Pose

DAY 28

- 39 Sit-ups
- 39 Ankle Reaches
- 39 Sec Plank
- 39 Criss Crosses
- 39 Sec Boat Pose

DAY 29

- 40 Sit-ups
- 40 Ankle Reaches
- 40 Sec Plank
- 40 Criss Crosses
- 40 Sec Boat Pose

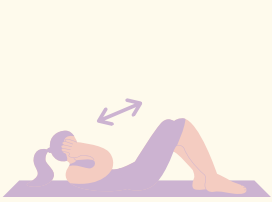
DAY 30

- 41 Sit-ups
- 41 Ankle Reaches
- 41 Sec Plank
- 41 Criss Crosses
- 41 Sec Boat Pose

30 Day

LOSE BELLY FAT

Challenge



Sit-up



Ankle Reach



Plank



Criss Cross



Boat Pose

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30
