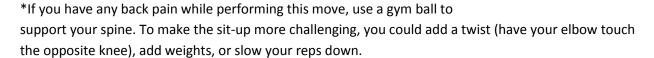
Monthly Health Challenge: Sit Up Challenge

Would you like to flatten your belly and start working towards getting those hard crushing abs? Well you can start with the sit-up challenge, an abdominal exercise that works on your core. As you perform this sit-up challenge, your core will get stronger enabling you to lift heavier weights and run longer.



How to perform the perfect Sit-Up:

- 1. Lie on your back with your knees bent and you feet flat on the floor.
- 2. Place your finger tips behind your ears. Pull your shoulder blades back so your elbows are out to the side.
- 3. Raise your body up towards your knees, shoulders should be lifted off the floor.
- 4. Move back down to the starting position and repeat.



For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			(E) 10	(E) 12	(E) 15	(E) 18
			(C) 12	(C) 18	(C) 24	(C) 30
5	6	7	8	9	10	11
(E) Rest	(E) 20	(E) 5	(E) 40	(E) 45	(E) Rest	(E) 50
(C) Rest	(C) 36	(C) 42	(C) 48	(C) 54	(C) Rest	(C) 66
12	13	14	15	16	17	18
(E) 55	(E) 60	(E) 65	(E) Rest	(E) 70	(E) 75	(E) 80
(C) 72	(C) 78	(C) 84	(C) Rest	(C) 90	(C) 96	(C) 102
19	20	21	22	23	24	25
(E) 85	(E) Rest	(E) 90	(E) 95	(E) 60	(E) Rest	(E) Rest
(C) 108	(C) Rest	(C) 120	(C) 126	(C) 132	(C) 138	(C) Rest
(C) 100	(c) nest	(0) 120	(0) 120	(C) 132	(6) 130	(C) Nest
26	27	28	29	30		
(E) 65	(E) 70	(E) 72	(E) 75	(E) 80		
(C) 150	(C) 156	(C) 162	(C) 168	(C) Rest		

Source: http://30dayfitnesschallenges.com/