

JustEnjoyThis

7 day challenge

Ab challenge

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
40 Crunch	30 V-Up	40 Mountain Climber	1 minute Plank	40 Russian Twist	45 second side-pl ank Each side	25 Crunch 25 V-up 25 M.C. 30 R.T 1 minute plank 30sec Side plank