

Vitalabo
**30 DAY SIT-UP
CHALLENGE**



DAY 1	10	SIT-UPS
DAY 2	15	SIT-UPS
DAY 3	20	SIT-UPS
DAY 4	REST	
DAY 5	20	SIT-UPS
DAY 6	25	SIT-UPS
DAY 7	30	SIT-UPS
DAY 8	REST	
DAY 9	30	SIT-UPS
DAY 10	35	SIT-UPS
DAY 11	40	SIT-UPS
DAY 12	REST	
DAY 13	40	SIT-UPS
DAY 14	45	SIT-UPS
DAY 15	50	SIT-UPS

DAY 16	REST	
DAY 17	50	SIT-UPS
DAY 18	55	SIT-UPS
DAY 19	60	SIT-UPS
DAY 20	REST	
DAY 21	60	SIT-UPS
DAY 22	65	SIT-UPS
DAY 23	70	SIT-UPS
DAY 24	REST	
DAY 25	70	SIT-UPS
DAY 26	75	SIT-UPS
DAY 27	80	SIT-UPS
DAY 28	REST	
DAY 29	90	SIT-UPS
DAY 30	100	SIT-UPS