

JJ's 30-Day Abs Challenge

DAY 1	15 SIT-UPS, 5 CRUNCHES 5 LEG RAISES, 10S PLANK
DAY 2	20 SIT-UPS, 8 CRUNCHES 8 LEG RAISES, 12S PLANK
DAY 3	25 SIT-UPS, 10 CRUNCHES 10 LEG RAISES, 15S PLANK
DAY 4	REST
DAY 5	30 SIT-UPS, 12 CRUNCHES 12 LEG RAISES, 20S PLANK
DAY 6	35 SIT-UPS, 15 CRUNCHES 15 LEG RAISES, 25S PLANK
DAY 7	40 SIT-UPS, 20 CRUNCHES 20 LEG RAISES, 30S PLANK
DAY 8	REST
DAY 9	45 SIT-UPS, 30 CRUNCHES 30 LEG RAISES, 35S PLANK
DAY 10	50 SIT-UPS, 50 CRUNCHES 30 LEG RAISES, 38S PLANK
DAY 11	55 SIT-UPS, 65 CRUNCHES 33 LEG RAISES, 42S PLANK
DAY 12	REST
DAY 13	60 SIT-UPS, 75 CRUNCHES 40 LEG RAISES, 50S PLANK
DAY 14	65 SIT-UPS, 85 CRUNCHES 42 LEG RAISES, 55S PLANK
DAY 15	70 SIT-UPS, 90 CRUNCHES 42 LEG RAISES, 60S PLANK



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Join Us!

DAY 16	REST
DAY 17	75 SIT-UPS, 100 CRUNCHES 45 LEG RAISES, 65S PLANK
DAY 18	80 SIT-UPS, 110 CRUNCHES 48 LEG RAISES, 70S PLANK
DAY 19	85 SIT-UPS, 120 CRUNCHES 50 LEG RAISES, 75S PLANK
DAY 20	REST
DAY 21	90 SIT-UPS, 130 CRUNCHES 52 LEG RAISES, 80S PLANK
DAY 22	95 SIT-UPS, 140 CRUNCHES 55 LEG RAISES, 85S PLANK
DAY 23	100 SIT-UPS, 150 CRUNCHES 58 LEG RAISES, 90S PLANK
DAY 24	REST
DAY 25	105 SIT-UPS, 160 CRUNCHES 60 LEG RAISES, 95S PLANK
DAY 26	110 SIT-UPS, 170 CRUNCHES 60 LEG RAISES, 100S PLANK
DAY 27	115 SIT-UPS, 180 CRUNCHES 62 LEG RAISES, 110S PLANK
DAY 28	REST
DAY 29	120 SIT-UPS, 190 CRUNCHES 62 LEG RAISES, 115S PLANK
DAY 30	125 SIT-UPS, 200 CRUNCHES 65 LEG RAISES, 120S PLANK

Jj Smith 30 Day Challenge Cost

PT Brinkman



Jj Smith 30 Day Challenge Cost:

Decoding **Jj Smith 30 Day Challenge Cost**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Jj Smith 30 Day Challenge Cost**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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