JJ's 30-Day Abs Challenge

DAY 1	15 SIT-UPS, 5 CRUNCHES 5 LEG RAISES, 105 PLANK
DAY 2	20 SIT-UPS, 8 CRUNCHES 8 LEG RAISES, 12s PLANK
DAY 3	25 SET-UPS, 10 CRUNCHES 10 LEG RAISES, 155 PLANK
DAY 4	REST
DAY 5	30 SIT-UPS, 12 CRUNCHES 12 LEG RAISES, 205 PLANK
DAY 6	35 SIT-UPS, 15 CRUNCHES 15 LEG RAISES, 258 PLANK
Day 7	40 SIT-UPS, 20 CRUNCHES 20 LEG RAISES, 305 PLANK
DAY 8	REST
DAY 9	45 SIT-UPS, 30 CRUNCHES 30 LEG RAISES, 355 PLANK
DAY 10	50 SIT-UPS, 50 CRUNCHES 30 LEG RAISES, 385 PLANK
DAY 11	55 SIT-UPS, 65 CRUNCHES 33 LEG RAISES, 425 PLANK
DAY 12	RIST
DAY 13	60 SIT-UPS, 75 CRUNCHES 40 LEG RAISES, 505 PLANK
DAY 14	65 SIT-UPS, 85 CRUNCHES 42 LEG RAISES, 555 PLANK
DAY 15	70 SIT-UPS, 90 CRUNCHES 42 LEG RAISES, 605 PLANK



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DAY 16	REST
DAY 17	75 SIT-UPS, 100 CRUNCHES 45 LEG RAISES, 655 PLANK
DAY 18	80 SIT-UPS, 110 CRUNCHES 48 LEG RAISES, 705 PLANK
DAY 19	85 SIT-UPS, 120 CRUNCHES 50 LEG RAISES, 755 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, 855 PLANK
DAY 23	100 STT-UPS, 150 CRUNCHES 58 LEG RAISES, 905 PLANK
DAY 24	REST
DAY 25	105 STT-UPS, 160 CRUNCHES 60 LEG RAISES, 955 PLANK
DAY 26	110 SIT-UPS, 170 CRUNCHES 60 LEG RAISES, 1005 PLANK
Day 27	115 SIT-UPS, 180 CRUNCHES 62 LEG RAISES, 1105 PLANK
DAY 28	REST
DAY 29	120 SIT-UPS, 190 CRUNCHES 62 LEG RAISES, 1158 PLANK
DAY 30	125 SIT-UPS, 200 CRUNCHES 65 LEG BAISES, 1205 PLANK

Jj Smith 3day Challenge

CH Cherryholmes

Jj Smith 3day Challenge:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Jj Smith 3day Challenge**

In a world inundated with displays and the cacophony of immediate communication, the profound power and emotional resonance of verbal beauty usually disappear into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, located within the musical pages of **Jj Smith 3day Challenge**, a charming work of literary brilliance that impulses with fresh emotions, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus guides visitors on a mental odyssey, gently revealing the latent possible and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect its charming publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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