

THE #CHEERFITSTRONG CHALLENGE

30 DAY AB CHALLENGE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| 1 5 MONKEY JUMPS 5 NEGATIVE CRUNCHES 5 BICYCLE CRUNCHES 5 PLANK WITH LEG KICKS | 2 5 MONKEY JUMPS 5 NEGATIVE CRUNCHES 5 BICYCLE CRUNCHES 5 PLANK WITH LEG KICKS | 3 5 MONKEY JUMPS 5 NEGATIVE CRUNCHES 5 BICYCLE CRUNCHES 5 PLANK WITH LEG KICKS | 4 5 MONKEY JUMPS 5 NEGATIVE CRUNCHES 5 BICYCLE CRUNCHES 5 PLANK WITH LEG KICKS | 5 5 MONKEY JUMPS 5 NEGATIVE CRUNCHES 5 BICYCLE CRUNCHES 5 PLANK WITH LEG KICKS | 6 5 MONKEY JUMPS 5 NEGATIVE CRUNCHES 5 BICYCLE CRUNCHES 5 PLANK WITH LEG KICKS | 7 CHEERFIT CHALLENGE DAY  rock your #CHEERFITSTRONG How many PLANK JACKS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge |
| 8 CHEERFIT BOOTCAMP DAY  WWW.CHEERFITTRAINING.COM/STORE | 9 10 MONKEY JUMPS 10 NEGATIVE CRUNCHES 10 BICYCLE CRUNCHES 10 PLANK WITH LEG KICKS | 10 10 MONKEY JUMPS 10 NEGATIVE CRUNCHES 10 BICYCLE CRUNCHES 10 PLANK WITH LEG KICKS | 11 10 MONKEY JUMPS 10 NEGATIVE CRUNCHES 10 BICYCLE CRUNCHES 10 PLANK WITH LEG KICKS | 12 10 MONKEY JUMPS 10 NEGATIVE CRUNCHES 10 BICYCLE CRUNCHES 10 PLANK WITH LEG KICKS | 13 10 MONKEY JUMPS 10 NEGATIVE CRUNCHES 10 BICYCLE CRUNCHES 10 PLANK WITH LEG KICKS | 14 CHEERFIT CHALLENGE DAY  rock your #CHEERFITSTRONG How many MOUNTAIN CLIMBERS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge |

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| 15 CHEERFIT BOOTCAMP DAY  WWW. CHEERFITTRAINING.COM/STORE | 16 15 MONKEY JUMPS 15 NEGATIVE CRUNCHES 15 BICYCLE CRUNCHES 15 PLANK WITH LEG KICKS | 17 15 MONKEY JUMPS 15 NEGATIVE CRUNCHES 15 BICYCLE CRUNCHES 15 PLANK WITH LEG KICKS | 18 15 MONKEY JUMPS 15 NEGATIVE CRUNCHES 15 BICYCLE CRUNCHES 15 PLANK WITH LEG KICKS | 19 15 MONKEY JUMPS 15 NEGATIVE CRUNCHES 15 BICYCLE CRUNCHES 15 PLANK WITH LEG KICKS | 20 15 MONKEY JUMPS 15 NEGATIVE CRUNCHES 15 BICYCLE CRUNCHES 15 PLANK WITH LEG KICKS | 21 CHEERFIT CHALLENGE DAY  #CHEERFITSTRONG How many SCISSOR CRUNCHES can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge |
| 22 CHEERFIT BOOTCAMP DAY  WWW. CHEERFITTRAINING.COM/STORE | 23 20 MONKEY JUMPS 20 NEGATIVE CRUNCHES 20 BICYCLE CRUNCHES 20 PLANK WITH LEG KICKS | 24 20 MONKEY JUMPS 20 NEGATIVE CRUNCHES 20 BICYCLE CRUNCHES 20 PLANK WITH LEG KICKS | 25 20 MONKEY JUMPS 20 NEGATIVE CRUNCHES 20 BICYCLE CRUNCHES 20 PLANK WITH LEG KICKS | 26 20 MONKEY JUMPS 20 NEGATIVE CRUNCHES 20 BICYCLE CRUNCHES 20 PLANK WITH LEG KICKS | 27 20 MONKEY JUMPS 20 NEGATIVE CRUNCHES 20 BICYCLE CRUNCHES 20 PLANK WITH LEG KICKS | 28 CHEERFIT CHALLENGE DAY  #CHEERFITSTRONG How many PLANK PUSH UPS can you do in 60 seconds? Share your results @cheerfittraining #cheerfitchallenge |
| 29 CHEERFIT BOOTCAMP DAY | 30 25 MONKEY JUMPS 25 NEGATIVE CRUNCHES 25 BICYCLE CRUNCHES 25 PLANK WITH LEG KICKS | | | | | |



WWW.
CHEERFITTRAINING.COM/STORE

CONGRATS ON GETTING CHEERFITSTRONG!

