April AB's Fitness Challenge

Join us each day of the month to strengthen your core! Please do what your body feels comfortable with and modify as necessary. Visit **www.beachcitiesgym.com/challenge** for more information on these exercises.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10 Crunches 10 Russian Twists 10 Leg Lifts 15 Second Plank	**2** 10 Reverse Crunches 10 Toe Touches 10 Flutter Kicks 15 Second Plank	**3** 10 Crunches 10 Heel Taps 10 Diamond Sit-Up 10 Second Plank
4 REST	**5** 12 Crunches 12 Russian Twists 12 Leg Lifts 30 Second Plank	**6** 12 Reverse Crunches 12 Toe Touches 12 Flutter Kicks 30 Second Plank	**7** 12 Crunches 12 Heel Taps 12 Diamond Sit-Up 30 Second Plank	**8** REST	**9** 15 Crunches 15 Russian Twists 15 Leg Lifts 45 Second Plank	**10** 15 Reverse Crunches 15 Toe Touches 15 Flutter Kicks 45 Second Plank
11 15 Crunches 15 Heel Taps 15 Diamond Sit-Up 45 Second Plank	**12** REST	**13** 10 Crunches x2 10 Russian Twists x2 10 Leg Lifts x2 60 Second Plank x2	**14** 10 Reverse Crunches x2 10 Toe Touches x2 10 Flutter Kicks x2 60 Second Plank x2	**15** 10 Crunches x2 10 Heel Taps x2 10 Diamond Sit-Up x2 60 Second Plank x2	**16** REST	**17** 12 Crunches x2 12 Russian Twists x2 12 Leg Lifts x2 60 Second Plank x2
18 12 Reverse Crunches x2 12 Toe Touches x2 12 Flutter Kicks x2 60 Second Plank x2	**19** 12 Crunches x2 12 Heel Taps x2 12 Diamond Sit-Up x2 60 Second Plank x2	**20** REST	**21** 15 Crunches x2 15 Russian Twists x2 15 Leg Lifts x2 45 Second Plank x2	**22** 15 Reverse Crunches x2 15 Toe Touches x2 15 Flutter Kicks x2 45 Second Plank x2	**23** 15 Crunches x2 15 Heel Taps x2 15 Diamond Sit-Up x2 45 Second Plank x2	**24** REST
25 10 Crunches x3 10 Russian Twists x3 10 Leg Lifts x3 60 Second Plank x3	**26** 10 Reverse Crunches x3 10 Toe Touches x3 10 Flutter Kicks x3 60 Second Plank x3	**27** 10 Crunches x3 10 Heel Taps x3 10 Diamond Sit-Up x3 60 Second Plank x3	**28** REST	**29** 10 Crunches x3 10 Russian Twists x3 10 Leg Lifts x3 10 Reverse Crunches x3 60 Second Plank x3	**30** 10 Toe Taps x3 10 Flutter Kicks x3 10 Heel Taps x3 10 Diamond Sit-Ups x3 60 Second Plank x3	