



Kelly's
Health & Fitness
Academy

o Mindfulness o Wellbeing o Nutrition

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30 DAY BEACH BODY CHALLENGE



1 50 crunches 2x 60 second plank	2 50 crunches 2x 60 second plank	3 50 crunches 2x 60 second plank	4 50 crunches 2x 60 second plank	5 50 crunches 2x 60 second plank
6 50 crunches 2x 60 second plank	7 50 crunches 2x 60 second plank	8 50 crunches 2x 60 second plank	9 50 crunches 2x 60 second plank	10 50 crunches 2x 60 second plank
11 50 crunches 2x 60 second plank	12 50 crunches 2x 60 second plank	13 50 crunches 2x 60 second plank	14 50 crunches 2x 60 second plank	15 50 crunches 2x 60 second plank
16 50 crunches 2x 60 second plank	17 50 crunches 2x 60 second plank	18 50 crunches 2x 60 second plank	19 50 crunches 2x 60 second plank	20 50 crunches 2x 60 second plank
21 50 crunches 2x 60 second plank	22 50 crunches 2x 60 second plank	23 50 crunches 2x 60 second plank	24 50 crunches 2x 60 second plank	25 50 crunches 2x 60 second plank
26 50 crunches 2x 60 second plank	27 50 crunches 2x 60 second plank	28 50 crunches 2x 60 second plank	29 50 crunches 2x 60 second plank	30 50 crunches 2x 60 second plank