FAB AB FEBRUARY

PRETTY GIRLS SWEAT

SUN	MON	TUE	WED	THU	FRI	SAT
10 CRUNCHES 5 PUSH UPS 10s PLANK	15 CRUNCHES 5 PUSH UPS 15s PLANK	10 CRUNCHES 5 PUSH UPS 10s PLANK	25 CRUNCHES 10 PUSH UPS 25s PLANK	25 CRUNCHES 10 PUSH UPS 25s PLANK	25 CRUNCHES 10 PUSH UPS 30s PLANK	30 CRUNCHES 10 PUSH UPS 30s PLANK
30 CRUNCHES 10 PUSH UPS 35s PLANK	35 CRUNCHES 10 PUSH UPS 40s PLANK	10 CRUNCHES 5 PUSH UPS 10s PLANK	40 CRUNCHES 10 PUSH UPS 40s PLANK	45 CRUNCHES 10 PUSH UPS 40s PLANK	45 CRUNCHES 15 PUSH UPS 40s PLANK	50 CRUNCHES 15 PUSH UPS 45s PLANK
50 CRUNCHES 15 PUSH UPS 50s PLANK	60 CRUNCHES 15 PUSH UPS 50s PLANK	10 CRUNCHES 5 PUSH UPS 10s PLANK	60 CRUNCHES 20 PUSH UPS 55s PLANK	70 CRUNCHES 20 PUSH UPS 55s PLANK	70 CRUNCHES 20 PUSH UPS 1m PLANK	80 CRUNCHES 20 PUSH UPS 1m PLANK
80 CRUNCHES 25 PUSH UPS 1m PLANK	90 CRUNCHES 25 PUSH UPS 1.15m PLANK	10 CRUNCHES 5 PUSH UPS 10s PLANK	90 CRUNCHES 30 PUSH UPS 1.30m PLANK	100 CRUNCHES 30 PUSH UPS 2m PLANK		