

## Exercise of the Month:

# Abs and Squat Challenge

This month we have a great exercise challenge to help you tone up and get back into shape after the festive period, particularly if you over indulged slightly!

<b>1</b> 10 Sit-ups 15 Bicycle Crunches 30 Squats	<b>2</b> 10 Sit-Ups 3 x V-Up Crunches 30 Squats	<b>3</b> 15 Sit-Ups 20 Reverse Crunches 35 Squats	<b>4</b> 15 Sit-Ups 20 Regular Crunches 40 Squats	<b>5</b> 20 Sit-Ups 20 Long Arm Crunches 40 Squats	<b>6</b> 20 Sit-Ups 25 Crunch Twists 45 Squats	<b>7</b> 25 Sit-Ups 25 Bicycle Crunches 50 Squats	<b>8</b> 25 Sit-Ups 5x V-Up Crunches 50 Squats	<b>9</b> 30 Sit-Ups 30 Reverse Crunches 55 Squats
<b>10</b> 30 Sit-Ups 30 Regular Crunches 55 Squats	<b>11</b> 35 Sit-Ups 30 Long Arm Crunches 55 Squats	<b>12</b> 35 Sit-Ups 35 Crunch Twists 60 Squats	<b>13</b> 40 Sit-Ups 7 x V-Up Crunches 60 Squats	<b>14</b> 40 Sit-Ups 7 x V-Up Crunches 60 Squats	<b>15</b> 45 Sit-Ups 40 Reverse Crunches 65 Squats	<b>16</b> 45 Sit-Ups 40 Regular Crunches 65 Squats	<b>17</b> 50 Sit-Ups 40 Long Arm Crunches 70 Squats	<b>18</b> 50 Sit-Ups 40 Crunch Twists 70 Squats
<b>19</b> 55 Sit-Ups 45 Bicycle Crunches 75 Squats	<b>20</b> 55 Sit-Ups 9 x V-Up Crunches 75 Squats	<b>21</b> 60 Sit-Ups 45 Reverse Crunches 75 Squats	<b>22</b> 60 Sit-Ups 45 Regular Crunches 80 Squats	<b>23</b> 65 Sit-Ups 50 Long Arm Crunches 80 Squats	<b>24</b> 65 Sit-Ups 55 Crunch Twists 80 Squats	<b>25</b> 70 Sit-Ups 60 Bicycle Crunches 85 Squats	<b>26</b> 70 Sit-Ups 10 x V-Up Crunches 85 Squats	<b>27</b> 75 Sit-Ups 65 Reverse Crunches 90 Squats
<b>28</b> 75 Sit-Ups 70 Regular Crunches 90 Squats	<b>29</b> 80 Sit-Ups 70 Long Arm Crunches 95 Squats	<b>30</b> 80 Sit-Ups 80 Crunch Twists 100 Squats	<b>31</b> 80 Sit-Ups 70 Regular Crunches 90 Squats					