



*the*  
**NO LA FIT**

*30-Day At Challenge* [GlitterN.com](http://GlitterN.com)

**1**   
15 SIT UPS  
5 LEG RAISES  
5 BIRINGES  
10 SEC PLANK

**2**   
20 SIT UPS  
7 LEG RAISES  
7 BIRINGES  
12 SEC PLANK

**3**   
25 SIT UPS  
10 LEG RAISES  
10 BIRINGES  
14 SEC PLANK

**4**   
**REST DAY**

**5**   
30 SIT UPS  
13 LEG RAISES  
13 BIRINGES  
20 SEC PLANK

**6**   
35 SIT UPS  
15 LEG RAISES  
15 BIRINGES  
24 SEC PLANK

**7**   
40 SIT UPS  
20 LEG RAISES  
20 BIRINGES  
30 SEC PLANK

**8**   
**REST DAY**

**9**   
45 SIT UPS  
25 LEG RAISES  
25 BIRINGES  
36 SEC PLANK

**10**   
50 SIT UPS  
30 LEG RAISES  
30 BIRINGES  
38 SEC PLANK

**11**   
55 SIT UPS  
33 LEG RAISES  
34 BIRINGES  
41 SEC PLANK

**12**   
**REST DAY**

**13**   
60 SIT UPS  
36 LEG RAISES  
36 BIRINGES  
48 SEC PLANK

**14**   
65 SIT UPS  
39 LEG RAISES  
39 BIRINGES  
55 SEC PLANK

**15**   
70 SIT UPS  
43 LEG RAISES  
43 BIRINGES  
60 SEC PLANK

**16**   
**REST DAY**

**17**   
75 SIT UPS  
45 LEG RAISES  
45 BIRINGES  
65 SEC PLANK

**18**   
80 SIT UPS  
50 LEG RAISES  
50 BIRINGES  
70 SEC PLANK

**19**   
85 SIT UPS  
53 LEG RAISES  
53 BIRINGES  
75 SEC PLANK

**20**   
**REST DAY**

**21**   
90 SIT UPS  
56 LEG RAISES  
56 BIRINGES  
80 SEC PLANK

**22**   
95 SIT UPS  
60 LEG RAISES  
60 BIRINGES  
85 SEC PLANK

**23**   
100 SIT UPS  
63 LEG RAISES  
63 BIRINGES  
90 SEC PLANK

**24**   
110 SIT UPS  
66 LEG RAISES  
66 BIRINGES  
95 SEC PLANK

**25**   
**REST DAY**

**26**   
115 SIT UPS  
69 LEG RAISES  
69 BIRINGES  
100 SEC PLANK

**27**   
120 SIT UPS  
72 LEG RAISES  
72 BIRINGES  
105 SEC PLANK

**28**   
125 SIT UPS  
75 LEG RAISES  
75 BIRINGES  
110 SEC PLANK

**29**   
130 SIT UPS  
77 LEG RAISES  
77 BIRINGES  
115 SEC PLANK

**30**   
140 SIT UPS  
80 LEG RAISES  
80 BIRINGES  
120 SEC PLANK