

BRAZEN FIT 24-DAYS AB CHALLENGE

DAYS 1-6	DAYS 7-12		DAYS 8-18	DAYS 9-24
5 crunches 5 leg raises 10 sec plank	20 crunches 20 leg raises 30 sec plank		75 crunches 40 leg raises 50 sec plank	120 crunches 50 leg raises 75 sec plank
8 crunches 8 leg raises 12 sec plank	Abs-So-Tightly Right! rest day		85 crunches 42 leg raises 55 sec plank	Abs-So-Tightly Right! rest day
10 crunches 10 leg raises 15 sec plank	30 crunches 30 leg raises 35 sec plank		90 crunches 42 leg raises 60 sec plank	130 crunches 52 leg raises 80 sec plank
Abs-So-Tightly Right! rest day	50 crunches 50 leg raises 38 sec plank		Abs-So-Tightly Right! rest day	140 crunches 55 leg raises 85 sec plank
12 crunches 12 leg raises 20 sec plank	65 crunches 33 leg raises 42 sec plank		100 crunches 45 leg raises 65 sec plank	150 crunches 58 leg raises 90 sec plank
15 crunches 15 leg raises 25 sec plank	Abs-So-Tightly Right! rest day		110 crunches 48 leg raises 70 sec plank	Abs-So-Tightly Right! rest day



CRUNCHES

LEG RAISES

PLANK

Brazilian Fit 24 Days Ab Challenge

Clemens Wendtner

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

Brazilian Fit 24 Days Ab Challenge:

Whispering the Secrets of Language: An Mental Quest through **Brazilian Fit 24 Days Ab Challenge**

In a digitally-driven world where screens reign supreme and instant interaction drowns out the subtleties of language, the profound techniques and emotional nuances hidden within words frequently go unheard. However, situated within the pages of **Brazilian Fit 24 Days Ab Challenge** a interesting fictional treasure sporting with raw thoughts, lies a fantastic quest waiting to be undertaken. Published by a talented wordsmith, that enchanting opus attracts viewers on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the emotional depths with this touching review, we will embark upon a heartfelt exploration of the book is core styles, dissect its interesting publishing design, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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