

30 Day Squats And Crunches Workout



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MOTIVATION TO LOSE WEIGHT

Day 1

25

10

Day 2

30

15

Day 3

35

20

Day 4

40

25

Day 5

30

10

Day 6

50

30

Day 7

55

35

Day 8

60

40

Day 9

REST DAY

Day 10

25

10

Day 11

65

50

Day 12

70

60

Day 13

05

05

Day 14

10

10

Day 15

20

30

Day 16

45

30

Day 17

70

50

Day 18

REST DAY

Day 19

05

05

Day 20

25

10

Day 21

35

15

Day 22

55

25

Day 23

55

40

Day 24

65

50

Day 25

65

60

Day 26

85

70

Day 27

REST DAY

Day 28

95

80

Day 29

95

90

Day 30

100

100

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