

## Challenge 1

How many abdominal crunches can you do in 30 seconds?



## Challenge 2

If you find crunches manageable, see if you can complete the challenge below.



Something a little harder?

Try completing the circuit above by doing 20 instead of 10.

If you like to be competitive, try and complete the most of each exercise that you can in 30 seconds. I look forward to hearing how many you can do.

Finally, here is the 30-day crunch challenge for those who want to improve their core strength.

Day	Crunches	Day	Crunches
1	10	16	30
2	10	17	30
3	10	18	30
4	15	19	35
5	15	20	35
6	15	21	Rest
7	Rest	22	35
8	15	23	40
9	20	24	40
10	20	25	40
11	20	26	45
12	25	27	45
13	25	28	Rest
14	Rest	29	45
15	25	30	50