

FIRST & LAST NAME:

EMAIL:

TEXT:

SHIRT SIZE:

30 DAY AB CHALLENGE

1 <input type="checkbox"/> 16 SIT UPS 6 LEG RAISES 6 BRIDGES 10 SEC PLANK	2 <input type="checkbox"/> 20 SIT UPS 7 LEG RAISES 7 BRIDGES 12 SEC PLANK	3 <input type="checkbox"/> 26 SIT UPS 10 LEG RAISES 10 BRIDGES 14 SEC PLANK	4 <input type="checkbox"/> REST DAY	5 <input type="checkbox"/> 30 SIT UPS 13 LEG RAISES 13 BRIDGES 20 SEC PLANK
6 <input type="checkbox"/> 36 SIT UPS 16 LEG RAISES 16 BRIDGES 24 SEC PLANK	7 <input type="checkbox"/> 40 SIT UPS 20 LEG RAISES 20 BRIDGES 30 SEC PLANK	8 <input type="checkbox"/> REST DAY	9 <input type="checkbox"/> 46 SIT UPS 26 LEG RAISES 26 BRIDGES 36 SEC PLANK	10 <input type="checkbox"/> 60 SIT UPS 30 LEG RAISES 30 BRIDGES 38 SEC PLANK
11 <input type="checkbox"/> 66 SIT UPS 33 LEG RAISES 34 BRIDGES 41 SEC PLANK	12 <input type="checkbox"/> REST DAY	13 <input type="checkbox"/> 60 SIT UPS 36 LEG RAISES 36 BRIDGES 48 SEC PLANK	14 <input type="checkbox"/> 66 SIT UPS 39 LEG RAISES 39 BRIDGES 55 SEC PLANK	15 <input type="checkbox"/> 70 SIT UPS 43 LEG RAISES 43 BRIDGES 60 SEC PLANK
16 <input type="checkbox"/> REST DAY	17 <input type="checkbox"/> 76 SIT UPS 46 LEG RAISES 46 BRIDGES 65 SEC PLANK	18 <input type="checkbox"/> 80 SIT UPS 60 LEG RAISES 60 BRIDGES 70 SEC PLANK	19 <input type="checkbox"/> 86 SIT UPS 63 LEG RAISES 63 BRIDGES 75 SEC PLANK	20 <input type="checkbox"/> REST DAY
21 <input type="checkbox"/> 90 SIT UPS 66 LEG RAISES 66 BRIDGES 80 SEC PLANK	22 <input type="checkbox"/> 96 SIT UPS 60 LEG RAISES 60 BRIDGES 85 SEC PLANK	23 <input type="checkbox"/> 100 SIT UPS 63 LEG RAISES 63 BRIDGES 90 SEC PLANK	24 <input type="checkbox"/> 110 SIT UPS 66 LEG RAISES 66 BRIDGES 95 SEC PLANK	25 <input type="checkbox"/> REST DAY
26 <input type="checkbox"/> 116 SIT UPS 69 LEG RAISES 69 BRIDGES 100 SEC PLANK	27 <input type="checkbox"/> 120 SIT UPS 72 LEG RAISES 72 BRIDGES 105 SEC PLANK	28 <input type="checkbox"/> 126 SIT UPS 75 LEG RAISES 75 BRIDGES 110 SEC PLANK	29 <input type="checkbox"/> 130 SIT UPS 78 LEG RAISES 77 BRIDGES 115 SEC PLANK	30 <input type="checkbox"/> 140 SIT UPS 80 LEG RAISES 80 BRIDGES 120 SEC PLANK

Instructions and how to will be found by joining our [FB Group](#) and by following our [Insta-Stories](#)! It's FREE!

www.aokfitness.com

AOK!  **FITNESS**
Strongsville

30 Day Ab Challenge

Feb 1st to March 2nd!

Turn in your completed form for verification by **March 5th** to AOK! Fitness. You must print and deliver a hardcopy form as your entry! Mail to 12381 Pearl Rd. Strongsville OH 44136

Are you up for a challenge and wanting to strengthen your abs? Then join AOK! as we set off to stay accountable, together! You will find a routine to follow each and every day, at the end of it you should noticed improved abs and stronger core muscles.

Here's how it works! It's FREE for Clients & NON-Members. Participate in each class or at home. Join our Facebook group and be sure to document your participation using this chart You'll find tips and live videos for motivation both on FB and by following us on our Instagram stories too at www.instagram.com/kim4aokfitness Stay focused and watch your strength develop all month!!

3 Winners will chosen Live in our Instagram Stories on March 5th!! So Follow Us for daily tips and inspiration and we'll feature the journey of our clients in class too!

3 Lucky entries drawn from your turned in completed form will win the following:
FREE MONTH of Unlimited Classes or a Credit
FREE Challenge Winner Tank from www.aokfitness.SHOP

Let's have fun, stay fit and work together for a FABulous FABruary!! All info can be found online at <http://www.aokfitness.com/feb-ab-challenge.html>
It's Free to participate so feel free to invite friends and family!