

# Your Personal Best

# CHALLENGE

## TRAINING STUDIO

### *Guaranteed Results!*

**Month of Abs: 20 crunches, 20 bicycle crunches, 20 leg raise, 20 scissor kicks, 20 hip lifts, PLANK!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>—</p> <p><b>Measurements:</b> Waist: _____ Abdomen: _____ 100: __Min __Sec Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>REMEMBER TO TAKE A PICTURE</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Feeling Stronger?</p> <p>Plank: _____Seconds</p>
<p>—</p> <p>100: __Min __Sec Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>What are you most proud of?</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>
<p>—</p> <p>100: __Min __Sec Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>What's motivating you today?</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>How those Abs looking? Take a picture!</p> <p>Plank: _____Seconds</p>
<p>—</p> <p>100: __Min __Sec Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>POST SOMETHING FUN ON FB!</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>What are you most looking forward to??</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>
<p>—</p> <p><b>Measurements:</b> Waist: _____ Abdomen: _____ 100: __Min __Sec Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>What are you working for?</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>With a few 100 0 crunches down, how are you feeling?</p> <p>Plank: _____Seconds</p>	<p>—</p> <p>Final Picture – How does it look?</p> <p>Plank: _____Seconds</p>

## YOU CAN DO ANYTHING YOU THINK YOU CAN!

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