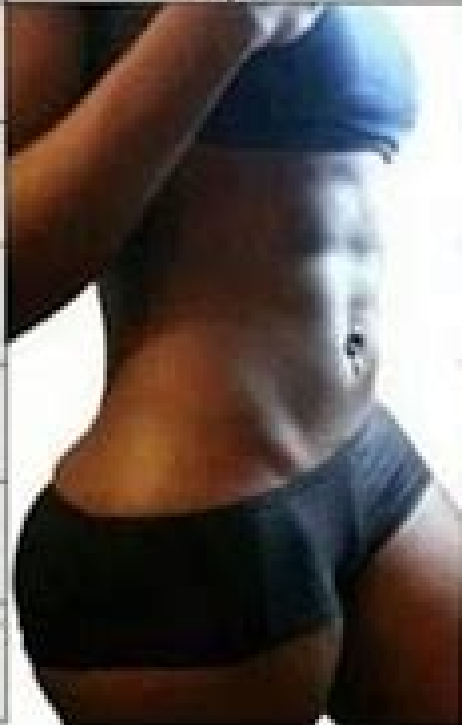


BRAZEN FIT 24-DAYS AB CHALLENGE

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 62 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 68 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

30 Day Brazen Ab Challenge

Samuel Purchas



30 Day Brazen Ab Challenge:

Imperial Heights Eric T. Jennings, 2011-04-08 Intended as a reminder of Europe for soldiers and clerks of the empire the city of Dalat located in the hills of Southern Vietnam was built by the French in an alpine locale that reminded them of home This book uncovers the strange 100 year history of a colonial city that was conceived as a center of power and has now become a kitsch tourist destination famed for its colonial villas flower beds pristine lakes and pastoral landscapes Eric T Jennings finds that from its very beginning Dalat embodied the paradoxes of colonialism it was a city of leisure built on the backs of thousands of coolies a supposed paragon of hygiene that offered only questionable protection from disease and a new venture into ethnic relations that ultimately backfired Jennings fascinating history opens a new window onto virtually all aspects of French Indochina from architecture and urban planning to violence labor m tissage health and medicine gender and ethic relations schooling religion comportments anxieties and more **The Leader** ,1855 **Turf, Field and Farm** ,1866 **Live Stock Journal** ,1892 **Congressional Record** United States. Congress,1977 **Purchas His Pilgrimes** Samuel Purchas,1626 **Purchas His Pilgrimage. Or Relations of the Vworld and the Religions Obserued in All Ages and Places Discouered, from the Creation Vnto this Present** Samuel Purchas,1626 **Editorials on File** ,1980 **Atlanta Magazine** ,2005-10 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region *Liaison* ,1918 *Christian Advocate* ,1923 **Purchas His Pilgrimage; Or, Relations of the World and the Religions Observed in All Ages ... in Foure Parts. This First Containeth a ... Historie of Asia, Africa, and America, with the Ilands Adjacent ... With Briefe Descriptions, Etc** Samuel Purchas,1626 **30 Day Abs** Amber White,2020-08-22 Welcome to the 30 days of abs program This book and the accompanying videos are designed to give you all the exercises and workouts you need to build a strong and sexy core The first part of the book contains video demonstrations of the 62 ab exercises used in the workouts Take some time and watch the videos Familiarize yourself with how to do each exercise before you start the workouts The second part of the book contains 30 different ab workouts They are intended to be done in order There are intentionally no rest days Incorporate the daily workouts into whatever workout routine you are currently doing No need to think up exercises day to day just follow the daily workouts to build core strength and muscular definition As you work

through the program it s ok to scale or modify This means changing the program to suit you If you need to scale down and do less reps or have more rest time that s ok If it s easy and you want to go up in reps or add weights that good too Modify as necessary Do the best you can and remember the important part is consistency Get up stick with it and work the program every day and it will work for you You will notice increased strength better posture better form and more definition as you build your abs Format Ebook Adobe PDF Author Amber White founder of Hustlecut hustlecut com **Forest and Stream**,1898 *Chronicle of the Horse* ,1984-10 **A Commentary Or Exposition Upon All the Books of the New Testament Wherein the Text is Explained, Some Controversies Discussed, Divers Common Places Handled, and Many Remarkable Matters Hinted, that Had by Former Interpreters Enlarged Throughout** John Trapp,1656 The Complete Works of Flavius-Josephus the Celebrated Jewish Historian William Whiston,1895 **The Illustrated London News** ,1878 New York ,1986 **United Farmer, Incorporating the U. F. A. V** ,1926

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