

# 30 DAY WAIST TRAINER CHALLENGE



**Eagle Abs**



**Reverse Crunch**



**Double D's**



**Infinity Abs**



**Accordians\***  
(do both sides)

- 5 Eagle Abs
- 5 Reverse Crunch
- 5 Double D's

- 6 Eagle Abs
- 6 Reverse Crunch
- 6 Double D's

- 7 Eagle Abs
- 7 Reverse Crunch
- 7 Double D's

- 8 Eagle Abs
- 8 Reverse Crunch
- 8 Double D's

- 9 Eagle Abs
- 9 Reverse Crunch
- 9 Double D's

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's

1

2

3

4

5

6

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 5 Infinity Abs

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 6 Infinity Abs

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 7 Infinity Abs

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 8 Infinity Abs

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 9 Infinity Abs

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 10 Infinity Abs

7

8

9

10

11

12

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 10 Infinity Abs
- 5 Accordians\*

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 10 Infinity Abs
- 6 Accordians\*

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 10 Infinity Abs
- 7 Accordians\*

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 10 Infinity Abs
- 8 Accordians\*

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 10 Infinity Abs
- 9 Accordians\*

- 10 Eagle Abs
- 10 Reverse Crunch
- 10 Double D's
- 10 Infinity Abs
- 10 Accordians\*

13

14

15

16

17

18

- 11 Eagle Abs
- 11 Reverse Crunch
- 11 Double D's
- 11 Infinity Abs
- 11 Accordians\*

- 12 Eagle Abs
- 12 Reverse Crunch
- 12 Double D's
- 12 Infinity Abs
- 12 Accordians\*

- 13 Eagle Abs
- 13 Reverse Crunch
- 13 Double D's
- 13 Infinity Abs
- 13 Accordians\*

- 14 Eagle Abs
- 14 Reverse Crunch
- 14 Double D's
- 14 Infinity Abs
- 14 Accordians\*

- 15 Eagle Abs
- 15 Reverse Crunch
- 15 Double D's
- 15 Infinity Abs
- 15 Accordians\*

- 16 Eagle Abs
- 16 Reverse Crunch
- 16 Double D's
- 16 Infinity Abs
- 16 Accordians\*

19

20

21

22

23

24

- 17 Eagle Abs
- 17 Reverse Crunch
- 17 Double D's
- 17 Infinity Abs
- 17 Accordians\*

- 18 Eagle Abs
- 18 Reverse Crunch
- 18 Double D's
- 18 Infinity Abs
- 18 Accordians\*

- 19 Eagle Abs
- 19 Reverse Crunch
- 19 Double D's
- 19 Infinity Abs
- 19 Accordians\*

- 20 Eagle Abs
- 20 Reverse Crunch
- 20 Double D's
- 20 Infinity Abs
- 20 Accordians\*

- 21 Eagle Abs
- 21 Reverse Crunch
- 21 Double D's
- 21 Infinity Abs
- 21 Accordians\*

- 22 Eagle Abs
- 22 Reverse Crunch
- 22 Double D's
- 22 Infinity Abs
- 22 Accordians\*

25

26

27

28

29

30