

								progress	Sec / rep	time
Day	Leg Lifts	2 Leg Lifts	Sit Ups	Leg push ups	crunches	Easy Variant	Hard Variant			
Add >		10+	5+		5+					
1	2	0	0	0	0	1	1	2 reps	5	0.2 minutes
2	3	0	0	0	0	2	2	3 reps	5	0.3 minutes
3	4	0	0	0	0	5	2	4 reps	5	0.3 minutes
4	5	0	0	0	0	5	3	5 reps	4	0.3 minutes
5	5	1	0	1	0	5	3	7 reps	4	0.5 minutes
6	5	2	0	2	0	10	3	9 reps	4	0.6 minutes
7	6	3	1	2	0	10	7	12 reps	4	0.8 minutes
8	7	4	2	3	0	10	7	16 reps	4	1.1 minutes
9	8	4	3	3	0	10	7	18 reps	4	1.2 minutes
10	9	5	4	4	0	12	7	22 reps	4	1.2 minutes
11	10	5	5	4	0	14	10	24 reps	4	1.6 minutes
12	10	6	6	5	0	16	10	27 reps	4	1.8 minutes
13	10	6	7	6	0	20	10	29 reps	4	1.9 minutes
14	10	7	8	7	0	25	15	32 reps	4	2.1 minutes
15	10	7	9	8	1	30	15	35 reps	4	2.3 minutes
16	12	8	10	9	2	25	20	41 reps	4	2.7 minutes
17	12	9	10	10	4	20	20	45 reps	4	3.0 minutes
18	12	10	10	11	6	20	20	49 reps	4	3.3 minutes
19	12	11	10	12	6	15	15	51 reps	4	3.4 minutes
20	14	12	10	13	8	15	15	57 reps	4	3.8 minutes
21	14	13	10	14	8	10	10	59 reps	3	3.0 minutes
22	14	14	11	15	9	10	10	63 reps	3	3.2 minutes
23	12	15	12	15	10	5	5	64 reps	3	3.2 minutes
24	12	15	14	16	11	5	5	68 reps	2	2.3 minutes
25	12	14	16	16	12	5	10	70 reps	2	2.3 minutes
26	12	14	18	18	13	0	10	75 reps	2	2.5 minutes
27	12	12	20	18	14	0	5	76 reps	2	2.5 minutes
28	10	10	20	20	12	0	5	72 reps	2	2.4 minutes
29	10	10	20	20	10	0	5	70 reps	2	2.3 minutes
30	10	10	15	20	10	0	5	65 reps	2	2.2 minutes
	repeat	Add 10 & repeat	Add 5 & repeat	repeat	Add 5 & repeat	stop	stop			