

# CRUNCH Challenge!

## 2 WEEKS TO 100 CRUNCHES

### THE CRUNCHES

#### V CRUNCH



#### RUNNER'S CRUNCH



#### REVERSE CRUNCH



#### DIAMOND SIT-UP



#### BICYCLE CRUNCH



### THE PLAN

**DAY 1:**  
4 reps of each

**DAY 2:**  
5 reps of each

**DAY 3:**  
6 reps of each

**DAY 4:**  
Rest

**DAY 5:**  
8 reps of each

**DAY 6:**  
10 reps of each

**DAY 7:**  
12 reps of each

**DAY 8:**  
Rest

**DAY 9:**  
13 reps each

**DAY 10:**  
15 reps each

**DAY 11:**  
16 reps each

**DAY 12:**  
Rest

**DAY 13:**  
18 reps each

**DAY 14:**  
20 reps each