

JJ's 30-Day Abs Challenge

DAY 1	15 SIT-UPS, 5 CRUNCHES 5 LEG RAISES, 10S PLANK
DAY 2	20 SIT-UPS, 8 CRUNCHES 8 LEG RAISES, 12S PLANK
DAY 3	25 SIT-UPS, 10 CRUNCHES 10 LEG RAISES, 15S PLANK
DAY 4	REST
DAY 5	30 SIT-UPS, 12 CRUNCHES 12 LEG RAISES, 20S PLANK
DAY 6	35 SIT-UPS, 15 CRUNCHES 15 LEG RAISES, 25S PLANK
DAY 7	40 SIT-UPS, 20 CRUNCHES 20 LEG RAISES, 30S PLANK
DAY 8	REST
DAY 9	45 SIT-UPS, 30 CRUNCHES 30 LEG RAISES, 35S PLANK
DAY 10	50 SIT-UPS, 50 CRUNCHES 30 LEG RAISES, 38S PLANK
DAY 11	55 SIT-UPS, 65 CRUNCHES 33 LEG RAISES, 42S PLANK
DAY 12	REST
DAY 13	60 SIT-UPS, 75 CRUNCHES 40 LEG RAISES, 50S PLANK
DAY 14	65 SIT-UPS, 85 CRUNCHES 42 LEG RAISES, 55S PLANK
DAY 15	70 SIT-UPS, 90 CRUNCHES 42 LEG RAISES, 60S PLANK



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DAY 16	REST
DAY 17	75 SIT-UPS, 100 CRUNCHES 45 LEG RAISES, 65S PLANK
DAY 18	80 SIT-UPS, 110 CRUNCHES 48 LEG RAISES, 70S PLANK
DAY 19	85 SIT-UPS, 120 CRUNCHES 50 LEG RAISES, 75S PLANK
DAY 20	REST
DAY 21	90 SIT-UPS, 130 CRUNCHES 52 LEG RAISES, 80S PLANK
DAY 22	95 SIT-UPS, 140 CRUNCHES 55 LEG RAISES, 85S PLANK
DAY 23	100 SIT-UPS, 150 CRUNCHES 58 LEG RAISES, 90S PLANK
DAY 24	REST
DAY 25	105 SIT-UPS, 160 CRUNCHES 60 LEG RAISES, 95S PLANK
DAY 26	110 SIT-UPS, 170 CRUNCHES 60 LEG RAISES, 100S PLANK
DAY 27	115 SIT-UPS, 180 CRUNCHES 62 LEG RAISES, 110S PLANK
DAY 28	REST
DAY 29	120 SIT-UPS, 190 CRUNCHES 62 LEG RAISES, 115S PLANK
DAY 30	125 SIT-UPS, 200 CRUNCHES 65 LEG RAISES, 120S PLANK

Jj Smith 3day Challenge

J Elliott



Jj Smith 3day Challenge:

Index Medicus ,2001 **Sweet Solutions to the Challenges of Early Infancy** Debra M. Zeifman,1993 **The Onderstepoort Journal of Veterinary Research** ,1990 Advances in Microbiology, Infectious Diseases and Public Health Gianfranco Donelli,2016-03-31 The Series will provide microbiologists hygienists epidemiologists and infectious diseases specialists with well chosen contributed volumes containing updated information in the areas of basic and applied microbiology involving relevant issues for public health including bacterial fungal and parasitic infections zoonosis and anthroozoonosis environmental and food microbiology The increasing threat of the multidrug resistant microorganisms and the related host immune response the new strategies for the treatment of biofilm based acute and chronic microbial infections as well as the development of new vaccines and more efficacious antimicrobial drugs to prevent and treat human and animal infections will be also reviewed in this series in the light of the most recent achievements in these fields Special attention will be devoted to the fast diffusion worldwide of the new findings of the most advanced translational researches carried out in the different fields of microbiological sciences with the aim to promote a prompt validation and transfer at clinical level of the most promising experimental results Galighani's Messenger ,1821 **Encyclopedia of Dairy Sciences** ,2011-03-25 Dairy Science Four Volume Set includes the study of milk and milk derived food products examining the biological chemical physical and microbiological aspects of milk itself as well as the technological processing aspects of the transformation of milk into its various consumer products including beverages fermented products concentrated and dried products butter and ice cream This new edition includes information on the possible impact of genetic modification of dairy animals safety concerns of raw milk and raw milk products peptides in milk dairy based allergies packaging and shelf life and other topics of importance and interest to those in dairy research and industry Fully reviewed revised and updated with the latest developments in Dairy Science Full color inserts in each volume illustrate key concepts Extended index for easily locating information **Chronicle of the Horse** ,1973-04 **Mark Lane Express** ,1913 *Environmental Health Perspectives* ,2003 **Cumulated Index Medicus** ,2000 *Diarrhoeal Diseases Research* ,1992-06 **Canadian Books in Print** Martha Pluscauskas,1976 Farmer and Stock-breeder ,1918 **Diarrhoeal Diseases Research** ,1992 **Live Stock Journal** ,1917 Trainman News ,1954 *Voyages in Childhood* Spencer A. Rathus,2004 This colorful and accessible introductory text for undergraduates covers connections between child development and biology gender culture and ethnicity examines current issues and looks at the historical contributions of key thinkers Learning features include review questions and quizzes plus British Medical Journal ,1886 **North Eastern Reporter** ,1982 **Guide to Equine Clinics: Lameness** Chris Pasquini,1995

Jj Smith 3day Challenge: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. Jj Smith 3day Challenge : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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