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| **Pirmdiena** | **Otrdiena** | **Trešdiena** | **Ceturtdiena** | **Piktdiena** | **Sestdiena** | **Svētdiena** |  |
| **16**  45 sit-ups, 30 chrunches  30 leg raises, 70s plank  Squat ch. day 11, 5 each x4  Skrējiens 10 minutes | **17**  Hard Core 3 sets  100 squats  Skrējiens 10 minutes | **18**  50 sit-ups, 50 chrunches  30 leg raises, 76s plank  Squat ch. day 13, 7 each x3  Skrējiens 10 minutes | **19**  Total ABS 3 sets  110 squats  Skrējiens 15 minutes | **20**  70 sit-ups, 90 chrunches  42 leg raises, 120s plank  Squat ch. day 15, 5 each x5  Skrējiens 15 minutes | **21**  Master Pack 3 sets  120 squats  Skrējiens 15 minutes | **22**  70 sit-ups, 90 chrunches  42 leg raises, 120s plank  Squat ch. day 15, 5 each x5  Skrējiens 15 minutes | **marts** |
| **23**  AB Crunch 3 sets  130 squats  Skrējiens 20 minutes | **24**  70 sit-ups, 90 chrunches  42 leg raises, 120s plank  Squat ch. day 15, 5 each x5  Skrējiens 20 minutes | **25**  Hard Core 4 sets  Skrējiens 20 minutes | **26**  75 sit-ups, 100 chrunches  58 leg raises, 130s plank  Squat ch. day 17, 9 each x3  Skrējiens 20 minutes | **27**  Total ABS 4 sets  140 squats  Skrējiens 20 minutes | **28**  80 sit-ups, 110 chrunches  48 leg raises, 140s plank  Squat ch. day 18, 5 each x3  Skrējiens 25 minutes | **29**  Master Pack 4 sets  150 squats  Skrējiens 25 minutes |
| **30**  85 sit-ups, 120 chrunches  50 leg raises, 150s plank  Squat ch. day 19, 7 each x4  Skrējiens 25 minutes | **31**  AB Crunch 4 sets  160 squats  Skrējiens 25 minutes | **1**  90 sit-ups, 130 chrunches  52 leg raises, 160s plank  Squat ch. day 21, 10 each x3  Skrējiens 25 minutes | **2**  Hard Core 5 sets  170 squats  Skrējiens 25 minutes | **3**  95 sit-ups, 140 chrunches  55 leg raises, 170s plank  Squat ch. day 22, 8 each x2  Skrējiens 30 minutes | **4**  Total ABS 5 sets  180 squats  Skrējiens 30 minutes | **5**  100 sit-ups, 150 chrunches  58 leg raises, 180s plank  Squat ch. day 23, 8 each x4  Skrējiens 30 minutes | **aprīlis** |
| **Pirmdiena** | **Otrdiena** | **Trešdiena** | **Ceturtdiena** | **Piktdiena** | **Sestdiena** | **Svētdiena** |  |
| **6**  Master Pack 5 sets  190 squats  Skrējiens 30 minutes | **7**  105 sit-ups, 160 chrunches  60 leg raises, 190s plank  Squat ch. day 25, 7 each x5  Skrējiens 30 minutes | **8**  AB Crunch 5 sets  200 squats  Skrējiens 30 minutes | **9**  110 sit-ups, 170 chrunches  60 leg raises, 200s plank  Squat ch. day 26, 6 each x3  Skrējiens 30 minutes | **10**  Hard Core 4 sets  210 squats  Skrējiens 35 minutes | **11**  115 sit-ups, 180 chrunches  62 leg raises, 220s plank  Squat ch. day 27, 9 each x4  Skrējiens 35 minutes | **12**  Total ABS 4 sets  220 squats  Skrējiens 35 minutes |  |
| **13**  120 sit-ups, 190 chrunches  62 leg raises, 230s plank  Squat ch. day 29, 12 each x3  Skrējiens 35 minutes | **14**  Master Pack 4 sets  230 squats  Skrējiens 35 minutes | **15**  125 sit-ups, 200 chrunches  65 leg raises, 240s plank  Squat ch. day 30, 10 each x4  Skrējiens 35 minutes | **20** | **21** | **22** | **23** |





