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| **Pirmdiena** | **Otrdiena** | **Trešdiena** | **Ceturtdiena** | **Piktdiena** | **Sestdiena** | **Svētdiena** |  |
| **16**45 sit-ups, 30 chrunches30 leg raises, 70s plankSquat ch. day 11, 5 each x4Skrējiens 10 minutes | **17**Hard Core 3 sets100 squatsSkrējiens 10 minutes | **18**50 sit-ups, 50 chrunches30 leg raises, 76s plankSquat ch. day 13, 7 each x3Skrējiens 10 minutes | **19**Total ABS 3 sets110 squatsSkrējiens 15 minutes | **20**70 sit-ups, 90 chrunches42 leg raises, 120s plankSquat ch. day 15, 5 each x5Skrējiens 15 minutes | **21**Master Pack 3 sets120 squatsSkrējiens 15 minutes | **22**70 sit-ups, 90 chrunches42 leg raises, 120s plankSquat ch. day 15, 5 each x5Skrējiens 15 minutes | **marts** |
| **23** AB Crunch 3 sets130 squatsSkrējiens 20 minutes | **24**70 sit-ups, 90 chrunches42 leg raises, 120s plankSquat ch. day 15, 5 each x5Skrējiens 20 minutes | **25** Hard Core 4 setsSkrējiens 20 minutes | **26**75 sit-ups, 100 chrunches58 leg raises, 130s plankSquat ch. day 17, 9 each x3Skrējiens 20 minutes | **27**Total ABS 4 sets140 squatsSkrējiens 20 minutes | **28**80 sit-ups, 110 chrunches48 leg raises, 140s plankSquat ch. day 18, 5 each x3Skrējiens 25 minutes | **29**Master Pack 4 sets150 squatsSkrējiens 25 minutes |
| **30**85 sit-ups, 120 chrunches50 leg raises, 150s plankSquat ch. day 19, 7 each x4Skrējiens 25 minutes | **31**AB Crunch 4 sets160 squatsSkrējiens 25 minutes | **1**90 sit-ups, 130 chrunches52 leg raises, 160s plankSquat ch. day 21, 10 each x3Skrējiens 25 minutes | **2**Hard Core 5 sets170 squatsSkrējiens 25 minutes | **3**95 sit-ups, 140 chrunches55 leg raises, 170s plankSquat ch. day 22, 8 each x2Skrējiens 30 minutes | **4**Total ABS 5 sets180 squatsSkrējiens 30 minutes | **5**100 sit-ups, 150 chrunches58 leg raises, 180s plankSquat ch. day 23, 8 each x4Skrējiens 30 minutes | **aprīlis** |
| **Pirmdiena** | **Otrdiena** | **Trešdiena** | **Ceturtdiena** | **Piktdiena** | **Sestdiena** | **Svētdiena** |  |
| **6** Master Pack 5 sets 190 squatsSkrējiens 30 minutes | **7**105 sit-ups, 160 chrunches60 leg raises, 190s plankSquat ch. day 25, 7 each x5Skrējiens 30 minutes | **8** AB Crunch 5 sets200 squatsSkrējiens 30 minutes | **9**110 sit-ups, 170 chrunches60 leg raises, 200s plankSquat ch. day 26, 6 each x3Skrējiens 30 minutes | **10** Hard Core 4 sets210 squatsSkrējiens 35 minutes | **11**115 sit-ups, 180 chrunches62 leg raises, 220s plankSquat ch. day 27, 9 each x4Skrējiens 35 minutes | **12** Total ABS 4 sets220 squatsSkrējiens 35 minutes |  |
| **13**120 sit-ups, 190 chrunches62 leg raises, 230s plankSquat ch. day 29, 12 each x3Skrējiens 35 minutes | **14**Master Pack 4 sets230 squatsSkrējiens 35 minutes | **15**125 sit-ups, 200 chrunches65 leg raises, 240s plankSquat ch. day 30, 10 each x4Skrējiens 35 minutes | **20** | **21** | **22** | **23** |





