

“Ab-vent” Calendar

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 push-up 20 sec. plank	2 2 push-ups 25 sec. plank	3 3 push-ups 30 sec. plank	4 4 push-ups 35 sec. plank	5 5 push-ups 40 sec. plank	6 6 push-ups 45 sec. plank	7 7 push-ups 50 sec. plank
8 8 push-ups 55 sec. plank	9 9 push-ups 60 sec. plank	10 10 push-ups 65 sec. plank	11 11 push-ups 70 sec. plank	12 12 push-ups 75 sec. plank	13 13 push-ups 80 sec. plank	14 14 push-ups 85 sec. plank
15 15 push-ups 90 sec. plank	16 16 push-ups 95 sec. plank	17 17 push-ups 100 sec. plank	18 18 push-ups 105 sec. plank	19 19 push-ups 110 sec. plank	20 20 push-ups 115 sec. plank	21 21 push-ups 120 sec. plank
22 22 push-ups 125 sec. plank	23 23 push-ups 130 sec. plank	24 24 push-ups 135 sec. plank	25 25 push-ups 140 sec. plank	26 26 push-ups 145 sec. plank	27 27 push-ups 150 sec. plank	28 28 push-ups 155 sec. plank
29 29 push-ups 160 sec. plank	30 30 push-ups 165 sec. plank	31 31 push-ups 170 sec. plank	Happy New Year!! 32 pushups and 3-minute (180 sec.) plank! Wahoo!!			