

For this month, choose the appropriate column depending on your trial results

Week 1 and 2 October			
After each set rest your abs 60 seconds while you do the other parts of this homework			
	up to 10 sit-ups	11 - 20 sit-ups	21 - 30 sit-ups
set 1	3	9	15
set 2	4	9	18
set 3	3	6	10
set 4	3	6	10
set 5	max (5+)	max (8+)	max (14+)

For this month, choose the appropriate column depending on last weeks results

Week 3 and 4 October			
After each set rest your abs 60 seconds while you do the other parts of this homework			
set 1	5	9	15
set 2	6	12	18
set 3	3	9	15
set 4	5	9	15
set 5	max (6+)	max (10+)	max (18+)

For this month, choose the appropriate column depending on last months results

Week 1 and 2 October			
After each set rest your abs 90 seconds while you do the other parts of this homework			
	up to 5 push ups	6 - 10 push ups	11 - 20 push ups
set 1	2	6	10
set 2	3	6	12
set 3	2	4	7
set 4	2	4	7
set 5	max (3+)	max (5+)	max (9+)

For this month, choose the appropriate column depending on last weeks results

Week 3 and 4 October			
After each set rest your abs 90 seconds while you do the other parts of this homework			
set 1	3	6	10
set 2	4	8	12
set 3	2	6	8
set 4	3	6	8
set 5	max (4+)	max (7+)	max (12+)