

SIT UP CHALLENGE

To perform the test, simply execute as many good-form sit-ups as you can. Don't cut corners and please don't cheat - the last thing you want to do is end up in the wrong level of the training program! The results may be humbling, but trust me, honesty is the best policy if you want to maximize your core strength gains!

Once you've performed the test, make a note (mental or otherwise) of how many, or how few, sit-ups you were able to perform. As an example, the first time I performed the test, I managed to eke out 60 consecutive sit-ups. Before starting Week 1, I recommend taking a couple of days to familiarize yourself with the program and recover from the exertion of the initial test. You'll be required to work out three times per week - Monday, Wednesday, Friday worked well for me.

Don't forget how many sit-ups you performed in the test and if you're still need to improve your core strength and fitness.

- If you managed 10 or fewer sit-ups in the test, follow column 1.
- If you completed between 11 and 20 sit-ups, column 2 is for you.
- Between 21 and 30 consecutive sit-ups? Impressive! Column 3 is what you're looking for.
- More than 30 sit-ups? I would suggest starting the program on Week 3 in either the second or third column.

For example: Let's say you managed 18 sit-ups. Looking at the second column, Day 1 begins with Set 1 (9 sit-ups), a rest period of 60 seconds, before moving on to Set 2 (9 sit-ups). Rest for 60 seconds and continue with Set 3 (6 sit-ups) and Set 4 (6 sit-ups), before finishing with Set 5 and as many consecutive sit-ups as you can comfortably manage (at least 8, but not so many that you damage muscle tissue). The 60 seconds rest between each level should allow you to complete the workout, but you'll probably experience some minor fatigue towards the end.

Treat yourself to a rest day before moving on to Day 2, and then again before you complete Day 3. I find that Monday, Wednesday, Friday works well and allows you to use the weekend for rest and recovery before moving on to the next stage of the program. Feel free to juggle the plan around to meet your busy schedule, but make sure you rest in between workout days.

0-10	11-20	21-30	31-40	41-50
Go To	Go To	Go To	Go To	Go To
Week 1 - Column 1	Week 1 - Column 2	Week 1 - Column 3	Week 3 - Column 2	Week 3 - Column 3

51-60	61-70	71-80	81-90	90+
Go To	Go To	Go To	Go To	Go To
Week 5 - Column 1	Week 5 - Column 2	Week 5 - Column 3	Week 6 - Column 2	Week 6 - Column 3

SIT UP CHALLENGE

Monday (Week 1 - Day 1)

Set 1	Column 1 3	Column 1 9	Column 1 15
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	4	9	18
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	3	6	10
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	3	9	10
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 5)	Max Out (min of 8)	Max Out (min of 14)

Monday (Week 2 - Day 1)

Set 1	Column 1 6	Column 1 14	Column 1 21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	9	17	21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	6	12	15
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	6	12	15
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 9)	Max Out (min of 17)	Max Out (min of 22)

Wednesday (Week 1 - Day 2)

Set 1	Column 1 5	Column 1 9	Column 1 15
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	6	12	18
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	3	9	15
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	5	9	15
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 6)	Max Out (min of 7)	Max Out (min of 18)

Wednesday (Week 2 - Day 2)

Set 1	Column 1 7	Column 1 15	Column 1 21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	9	18	24
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	6	14	18
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	6	14	18
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 7)	Max Out (min of 20)	Max Out (min of 26)

Friday (Week 1 - Day 3)

Set 1	Column 1 6	Column 1 12	Column 1 17
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	7	15	11
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	6	11	14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	6	11	14
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 8)	Max Out (min of 15)	Max Out (min of 20)

Friday (Week 2 - Day 3)

Set 1	Column 1 8	Column 1 18	Column 1 24
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	12	20	25
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	8	15	21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	8	15	21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 12)	Max Out (min of 23)	Max Out (min of 30)

SIT UP CHALLENGE

Monday (Week 3 - Day 1)

Set 1	Column 1 15	Column 1 18	Column 1 21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	18	25	27
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	11	19	21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	11	19	21
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 14)	Max Out (min of 25)	Max Out (min of 30)

Monday (Week 4 - Day 1)

Set 1	Column 1 18	Column 1 27	Column 1 32
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	21	33	38
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	17	24	32
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	15	24	32
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 24)	Max Out (min of 38)	Max Out (min of 48)

Wednesday (Week 3 - Day 2)

Set 1	Column 1 15	Column 1 21	Column 1 30
	rest 60 sec	12	rest 60 sec
Set 2	18	28	38
	rest 60 sec	9	rest 60 sec
Set 3	12	21	23
	rest 60 sec	9	rest 60 sec
Set 4	12	12	23
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 20)	Max Out (min of 28)	Max Out (min of 38)

Wednesday (Week 4 - Day 2)

Set 1	Column 1 21	Column 1 30	Column 1 38
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	24	38	45
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	20	30	38
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	20	30	38
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 30)	Max Out (min of 42)	Max Out (min of 54)

Friday (Week 3 - Day 3)

Set 1	Column 1 17	Column 1 24	Column 1 33
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	20	32	42
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	14	23	30
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	14	23	30
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 20)	Max Out (min of 32)	Max Out (min of 45)

Friday (Week 4 - Day 3)

Set 1	Column 1 24	Column 1 35	Column 1 45
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	27	42	50
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	20	35	45
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	20	35	45
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 30)	Max Out (min of 50)	Max Out (min of 4600)

SIT UP CHALLENGE

Monday (Week 5 - Day 1)

Set 1	Column 1 26	Column 1 42	Column 1 54
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	30	52	60
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	23	38	45
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	23	33	36
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 30)	Max Out (min of 52)	Max Out (min of 60)

Monday (Week 6 - Day 1)

Set 1	Column 1 38	Column 1 60	Column 1 75
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	45	75	85
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	30	38	52
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	22	35	45
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	Max Out (min of 60)	Max Out (min of 75)	Max Out (min of 85)

Wednesday (Week 5 - Day 2)

Set 1	Column 1 15	Column 1 27	Column 1 30
	rest 60 sec	12	rest 60 sec
Set 2	15	27	30
	rest 60 sec	9	rest 60 sec
Set 3	20	30	36
	rest 60 sec	9	rest 60 sec
Set 4	20	30	36
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	15	21	27
	rest 60 sec	rest 60 sec	rest 60 sec
Set 6	15	21	27
	rest 60 sec	rest 60 sec	rest 60 sec
Set 7	Max Out (min of 38)	Max Out (min of 60)	Max Out (min of 70)

Wednesday (Week 6 - Day 2)

Set 1	Column 1 21	Column 1 30	Column 1 33
	rest 60 sec	12	rest 60 sec
Set 2	21	30	33
	rest 60 sec	9	rest 60 sec
Set 3	23	35	45
	rest 60 sec	9	rest 60 sec
Set 4	23	35	45
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	21	30	36
	rest 60 sec	rest 60 sec	rest 60 sec
Set 6	21	30	36
	rest 60 sec	rest 60 sec	rest 60 sec
Set 7	Max Out (min of 66)	Max Out (min of 80)	Max Out (min of 90)

Friday (Week 5 - Day 3)

Set 1	Column 1 18	Column 1 26	Column 1 30
	rest 60 sec	12	rest 60 sec
Set 2	18	26	30
	rest 60 sec	9	rest 60 sec
Set 3	22	30	36
	rest 60 sec	9	rest 60 sec
Set 4	22	30	36
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	18	26	30
	rest 60 sec	rest 60 sec	rest 60 sec
Set 6	18	26	30
	rest 60 sec	rest 60 sec	rest 60 sec
Set 7	Max Out (min of 45)	Max Out (min of 67)	Max Out (min of 75)

Friday (Week 6 - Day 3)

Set 1	Column 1 20	Column 1 33	Column 1 39
	rest 60 sec	rest 60 sec	rest 60 sec
Set 2	20	33	39
	rest 60 sec	rest 60 sec	rest 60 sec
Set 3	26	45	50
	rest 60 sec	rest 60 sec	rest 60 sec
Set 4	26	45	50
	rest 60 sec	rest 60 sec	rest 60 sec
Set 5	24	34	39
	rest 60 sec	rest 60 sec	rest 60 sec
Set 6	24	34	39
	rest 60 sec	rest 60 sec	rest 60 sec
Set 7	Max Out (min of 75)	Max Out (min of 90)	Max Out (min of 110)