

# 30 (Work) Day Standing Bicycle Crunch Challenge

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>		<i>Day 1</i> April 3 20 each side	<i>Day 2</i> April 4 25 each side	<i>Day 3</i> April 5 30 each side	<i>Day 4</i> April 6 35 each side
<b>Week 2</b>	<i>Day 5</i> April 9 50 each side	<i>Day 6</i> April 10 52 each side	<i>Day 7</i> April 11 54 each side	<i>Day 8</i> April 12 56 each side	<i>Day 9</i> April 13 58 each side
<b>Week 3</b>	<i>Day 10</i> April 16 60 each side	<i>Day 11</i> April 17 62 each side	<i>Day 12</i> April 18 64 each side	<i>Day 13</i> April 19 66 each side	<i>Day 14</i> April 20 68 each side
<b>Week 1</b>	<i>Day 15</i> April 23 70 each side	<i>Day 16</i> April 24 72 each side	<i>Day 17</i> April 25 74 each side	<i>Day 18</i> April 26 76 each side	<i>Day 19</i> April 27 78 each side
<b>Week 5</b>	<i>Day 20</i> April 30 80 each side	<i>Day 21</i> May 1 82 each side	<i>Day 22</i> May 2 84 each side	<i>Day 23</i> May 3 86 each side	<i>Day 24</i> May 4 88 each side
<b>Week 6</b>	<i>Day 25</i> May 7 90 each side	<i>Day 26</i> May 8 92 each side	<i>Day 27</i> May 9 94 each side	<i>Day 28</i> May 10 96 each side	<i>Day 29</i> May 10 98 each side
<b>Week 7 (ish)</b>	<i>Day 30</i> May 13 100 each side				

