

TANTANGAN 30 HARI PERUT RATA

1	2	3	4	5
30x sit up	25x sit up	20x sit up	35x sit up	istirahat
15x push up	16x push up	17x push up	18x push up	19x push up
20x squat	25x squat	30x squat	35x squat	istirahat
6	7	8	9	10
40x sit up	45x sit up	50x sit up	55x sit up	istirahat
20x push up	21x push up	istirahat	22x push up	23x push up
45x squat	50x squat	55x squat	60x squat	istirahat
11	12	13	14	15
60x sit up	65x sit up	70x sit up	75x sit up	istirahat
24x push up	25x push up	26x push up	27x push up	istirahat
70x squat	75x squat	80x squat	85x squat	istirahat
16	17	18	19	20
80x sit up	85x sit up	90x sit up	95x sit up	istirahat
28x push up	29x push up	30x push up	31x push up	32x push up
95x squat	100x squat	105x squat	110x squat	istirahat
21	22	23	24	25
100x sit up	105x sit up	110x sit up	115x sit up	istirahat
33x push up	istirahat	34x push up	35x push up	36x push up
115x squat	120x squat	125x squat	130x squat	istirahat
26	27	28	29	30
120x sit up	125x sit up	130x sit up	135x sit up	140x sit up
37x push up	38x push up	39x push up	40x push up	40x push up
135x squat	140x squat	145x squat	150x squat	155x squat

<http://www.sayacantik.com>