

	Adaptation Phase			Endurance Phase		Cover-up Phase
	Rest between exercises - 60 sec			Rest between exercises - 60 sec		Rest between exercises 60 sec
	Rest between sets - 60 sec			Rest between sets - 30 sec		Rest between sets - 60 sec
	Week1	Week2	Week3	Week4	Week5	Week6
Monday	Normal Sit-up 3x 15	Normal Sit-up 3x 20	Normal Sit-up 3x 15	Normal Sit-up 4x 15	Normal Sit-up 4x 15	Normal Sit-up 3x 15
	Plank 3x 20 sec	Plank 3x 25 sec	Plank 3x 30 sec	Plank 3x 60 sec	Plank 3x 60 sec	Plank 3x 30 sec
	Side Crunch 3x 10 each side	Side Crunch 3x 15 each side	Side Crunch 3x 15 each side	Side Crunch 3x 20 each side	Side Crunch 3x 20 each side	Side Crunch 3x 15 each side
Tuesday	Rest	Rest	Rest	Rest	Rest	Rest
Wednesday	Normal Sit-up 3x 15	Normal Sit-up 3x 20	Normal Sit-up 3x 15	Normal Sit-up 4x 15	Normal Sit-up 4x 15	Normal Sit-up 3x 15
	Plank 3x 20 sec	Plank 3x 25 sec	Plank 3x 30 sec	Plank 3x 60 sec	Plank 3x 60 sec	Plank 3x 20 sec
	Side Crunch 3x 10 each side	Side Crunch 3x 15 each side	Side Crunch 3x 15 each side	Side Crunch 3x 20 each side	Side Crunch 3x 20 each side	Side Crunch 3x 10 each side
Thursday	Rest	Rest	Rest	Rest	Rest	Rest
Friday	Normal Sit-up 3x 15	Normal Sit-up 3x 20	Normal Sit-up 3x 15	Normal Sit-up 4x 15	Normal Sit-up 4x 15	Normal Sit-up 3x 15
	Plank 3x 20 sec	Plank 3x 25 sec	Plank 3x 20 sec	Plank 3x 60 sec	Plank 3x 60 sec	Plank 3x 20 sec
	Side Crunch 3x 10 each side	Side Crunch 3x 15 each side	Side Crunch 3x 10 each side	Side Crunch 3x 20 each side	Side Crunch 3x 20 each side	Side Crunch 3x 10 each side
Saturday	Rest	Rest	Rest	Rest	Rest	Rest
Sunday	Plank 3x 20 sec	Plank 3x 30 sec	Plank 3x 40 sec	Plank 3x 60 sec	Plank 3x 60 sec	Plank 3x 20 sec