Marc’s 30 Day Squat, Abs and Push Up Challenge

PU = Push Ups  
SQ = Squats  
SU = Sit Ups  
CR = Crunches  
LR = Leg Raises  
PL = Plank (Seconds)

Weigh and measure yourself before 1st workout, then at the end of days 10/20/30. 
Take photo before Day One and after Day 30.

Torso: Place the measuring tape just under your breasts/pecs and measure around the torso while keeping the tape parallel to the floor.

Waist: Place the measuring tape about a 1/2 inch above your bellybutton. When measuring your waist, exhale and measure before inhaling again.

Hips: Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.

Chest: Place the tape under your arms as high as you can and measure around.

PUT A BIG RED CROSS THROUGH EACH DAY AS YOU COMPLETE IT!