

30-DAY

FLAT ABS CHALLENGE

FOR A LEAN & TONED CORE!

DAY 1-3

- 10-second plank
- 10 heel touches
- 10 bicycle crunches
- 10 ankle reach lifts
- 10 reverse crunches

DAY 4-6

- 20-second plank
- 20 heel touches
- 20 bicycle crunches
- 20 ankle reach lifts
- 20 reverse crunches

DAY 7-9

- 30-second plank
- 30 heel touches
- 30 bicycle crunches
- 30 ankle reach lifts
- 30 reverse crunches

DAY 10-12

- 40-second plank
- 40 heel touches
- 40 bicycle crunches
- 40 ankle reach lifts
- 40 reverse crunches

DAY 13-15

- 50-second plank
- 50 heel touches
- 50 bicycle crunches
- 50 ankle reach lifts
- 50 reverse crunches

DAY 16-18

- 60-second plank
- 60 heel touches
- 60 bicycle crunches
- 60 ankle reach lifts
- 60 reverse crunches

DAY 19-21

- 70-second plank
- 70 heel touches
- 70 bicycle crunches
- 70 ankle reach lifts
- 70 reverse crunches

DAY 22-24

- 80-second plank
- 80 heel touches
- 80 bicycle crunches
- 80 ankle reach lifts
- 80 reverse crunches

DAY 25-27

- 90-second plank
- 90 heel touches
- 90 bicycle crunches
- 90 ankle reach lifts
- 90 reverse crunches

DAY 28-30

- 100-second plank
- 100 heel touches
- 100 bicycle crunches
- 100 ankle reach lifts
- 100 reverse crunches