

30 Day Ab Challenge by HASfit

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	5 Minute Ab Workout	5 Minute Lower Ab Workout	7 Minute Standing Abs	OFF	7 Minute Flat Stomach Workout	10 Minute Easy Abs Workout	OFF
Week 2	8 Minute Abs Six Pack Workout	10 Minute Ab Workout	10 Minute Oblique Workout	OFF	7 Minute Flat Stomach Workout	15 Minute Standing Abs Workout	OFF
Week 3	10 Minute Ab Workout 2	10 Minute Lower Ab Workout 2	12 Minute Oblique Workout	OFF	15 Minute Standing Abs Workout	10 Minute Abs and Obliques Workout	OFF
Week 4	15 Minute Ab Workout	10 Minute Lower Ab Workout	8 Minute Abs Six Pack Workout	OFF	15 Minute Abs and Obliques Workout	10 Minute Ab Workout 2	OFF
Week 5	20 Minute Ab Workout	OFF	14 Minute MMA Ab Workout				