

30-DAY

ABS CHALLENGE CALENDAR

1

15-sec Plank
15-sec Boat
20 Scissor Twists
10 Leg Lifts

2

20-sec Plank
20-sec Boat
26 Scissor Twists
16 Leg Lifts

3

10 Best Ab
Exercises Video

4

25-sec Plank
25-sec Boat
30 Scissor Twists
20 Leg Lifts

5

30-sec Plank
30-sec Boat
34 Scissor Twists
24 Leg Lifts

6

Quick HIIT for
Flat Abs Video

7

Rest Day



8

35-sec Plank
35-sec Boat
40 Scissor Twists
30 Leg Lifts

9

40-sec Plank
40-sec Boat
46 Scissor Twists
36 Leg Lifts

10

10 Best Ab
Exercises Video

11

45-sec Plank
45-sec Boat
50 Scissor Twists
40 Leg Lifts

12

50-sec Plank
50-sec Boat
56 Scissor Twists
46 Leg Lifts

13

Quick HIIT for
Flat Abs Video

14

Rest Day



15

55-sec Plank
55-sec Boat
60 Scissor Twists
50 Leg Lifts

16

60-sec Plank
60-sec Boat
66 Scissor Twists
56 Leg Lifts

17

10 Best Ab
Exercises Video

18

65-sec Plank
65-sec Boat
70 Scissor Twists
60 Leg Lifts

19

70-sec Plank
70-sec Boat
76 Scissor Twists
66 Leg Lifts

20

10-Minute Plyo
HIIT Video

21

Rest Day



22

75-sec Plank
75-sec Boat
80 Scissor Twists
70 Leg Lifts

23

80-sec Plank
80-sec Boat
86 Scissor Twists
76 Leg Lifts

24

10 Best Ab
Exercises Video

25

85-sec Plank
85-sec Boat
90 Scissor Twists
80 Leg Lifts

26

90-sec Plank
90-sec Boat
96 Scissor Twists
86 Leg Lifts

27

10-Minute Plyo
HIIT Video

28

Rest Day



29

100-sec Plank
100-sec Boat
100 Scissor Twists
90 Leg Lifts

30

2-min Plank
2-min Boat
110 Scissor Twists
100 Leg Lifts