

30 DAY AB CHALLENGE

30 Day Ab Challenge Calendar

This **30 Day Ab Challenge** is designed to build upon itself for you to gain core strength gradually. From beginners to athletes, this calendar is a challenge for all.

On Day 1, you follow the Day 1 exercise. On Day 2, you do the Day 1 and Day 2 exercises. On Day 3, you do the Day 1, Day 2, and Day 3 exercises in a row, without a break. And so forth. On Day 30, you follow all thirty exercises, starting from Day 1. This amounts to a roughly 15-minute core workout by Day 30.

Exercise videos and modification suggestions can be found on the website, www.ryanandalex.com/30-day-ab-challenge/.

Day 1	Crunches, 20 reps	Day 16	Side Plank Dips, 20 reps
Day 2	Table Top Crunches, 20 reps	Day 17	Down Dog Knee Pulls, 20 reps
Day 3	Twisted Crunches, 20 reps	Day 18	Plank Shoulder Taps, 20 reps
Day 4	Prayer Crunches, 20 reps	Day 19	Superman Kicks, 30 seconds
Day 5	Toe Tap Crunches, 20 reps	Day 20	Leg Lift Presses, 20 reps
Day 6	Rope Climbers, 20 reps	Day 21	Seated Drumming, 30 seconds
Day 7	Oblique Crunches, 20 reps	Day 22	Bicycle Crunches, 20 reps
Day 8	Side Crunches, 20 reps	Day 23	Leg Extensions, 20 reps
Day 9	Back Extensions, 30 seconds	Day 24	Flutter Kicks, 30 seconds
Day 10	High Plank, 30 seconds	Day 25	Criss-Crosses, 30 seconds
Day 11	Rocking Plank, 30 seconds	Day 26	Straight Leg Bicycles, 20 reps
Day 12	Plank Hip Dips, 20 reps	Day 27	Side Banana, 15 seconds per side
Day 13	Spiderman Planks, 20 reps	Day 28	Windshield Wipers, 20 reps
Day 14	Bird-Dog High Planks, 20 reps	Day 29	Bicycle Claps, 20 reps
Day 15	Side Plank, 15 seconds per side	Day 30	V-Ups, 20 reps
Day 31	BONUS: Pike Ups, 20 reps		