

30 DAY ABS CHALLENGE

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For Beginners

DATE: _____



Day 1 KNEELING PUSHUP	Day 2 THIGH- SUPPORTED ROCKIES	Day 3 PLANK KNEE CROSS PULLS	Day 4 STATIC DEAD BUGS	Day 5 SIDE V-
Day 6 MINDFULNESS	Day 7 CAT COW	Day 8 PLANK HOLD OPPOSITE KNEE DROP	Day 9 SUPINE HIP LIFT	
Day 11 CROSS PRESS DEAD BUG	Day 12 FOREARM SIDE PLANK HOLD	Day 13 MINDFULNESS	Day 14 QUADRUPED BIRD DOG	
Day 16 QUADRUPED SHOULDER ROLLS	Day 17 PLANK ALTERNATING TOE TOUCH	Day 18 INCHWORM	Day 19 PLANK TO ALTERNATING SIDE PLANK	MIN
Day 21 BEAR CRAWL HOLD	Day 22 STRETCH JUMP TO HOLD	Day 23 THIGH- SUPPORTED ROCKIES	Day 24 PLANK JACKS	Day 25 TWO-STEP PLANK WALK
Day 26 SIDE PLANK WITH ELBOW TWIST	Day 27 MINDFULNESS	Day 28 SCAP PUSHUP	Day 29 KNEELING PUSHUP	Day 30 THIGH- SUPPORTED ROCKIES



INSTANT DOWNLOAD

TO STRENGTHEN AND SCULPT YOUR CORE