

**30
DAY**

ABS CHALLENGE



⚡ Do each exercise for 30 seconds (per side, if applicable), followed by 30 seconds of rest. Continue for 5 rounds, or 5 to 7.5 minutes total.

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kneeling Pushup	Thigh-Supported Rockies	Plank Knee Cross Pulls	Static Dead Bug	Side V-Up	Mindfulness	Cat Cow

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Plank Hold Opposite Knee Drop	Supine Hip Lift	Bear Plank Shoulder Tap	Cross Press Dead Bug	Forearm Side Plank Hold	Mindfulness	Quadruped Bird Dog

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kneeling Pushup to Bird Dog	Quadruped Shoulder Rolls	Plank Alternating Toe Touch	Inchworm	Plank to Alternating Side Plank	Mindfulness	Bear Crawl Hold

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretch Jump to Plank	Thigh-Supported Rockies	Plank Jacks	Two-Step Plank Walk	Side Plank with Elbow Twist	Mindfulness	Scap Pushup

WEEK 5

MONDAY	TUESDAY
Kneeling Pushup	Thigh-Supported Rockies