

30-DAY AB CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
:30 PLANK 15 REVERSE CRUNCHES	:30 PLANK 10 KNEE-TO- ELBOW-PLANKS	:30 PLANK 15 STRAIGHT LEG LIFTS	:30 PLANK 10 SHOULDER TAPS	:30 PLANK 15 SCISSOR KICKS	OFF	:40 PLANK 20 REVERSE CRUNCHES
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
:40 PLANK 15 KNEE-TO- ELBOW PLANKS	:40 PLANK 20 STRAIGHT LEG LIFTS	:40 PLANK 15 SHOULDER TAPS	OFF	:40 PLANK 20 SCISSOR KICKS	:50 PLANK 25 REVERSE CRUNCHES	:50 PLANK 20 KNEE-TO- ELBOW-PLANKS
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
OFF	:50 PLANK 25 STRAIGHT LEG LIFTS	:50 PLANK 20 SHOULDER TAPS	:50 PLANK 25 SCISSOR KICKS	1:00 PLANK 25 REVERSE CRUNCHES 20 KNEE-TO- ELBOW PLANKS	1:00 PLANK 20 KNEE-TO- ELBOW-PLANKS 25 STRAIGHT LEG LIFTS	OFF
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
1:00 PLANK 25 STRAIGHT LEG LIFTS 20 SHOULDER TAPS	1:00 PLANK 20 SHOULDER TAPS 25 SCISSOR KICKS	1:00 PLANK 25 SCISSOR KICKS 25 REVERSE CRUNCHES	1:05 PLANK 25 REVERSE CRUNCHES 25 STRAIGHT LEG LIFTS	OFF	1:10 PLANK 20 KNEE-TO- ELBOW PLANKS 20 SHOULDER TAPS	1:15 PLANK 25 STRAIGHT LEG LIFTS 25 SCISSOR KICKS
DAY 29	DAY 30	FOR RECIPES + WORKOUTS VISIT HANDSHEATCLEAN.COM				
1:20 PLANK 20 SHOULDER TAPS 25 REVERSE CRUNCHES	1:25 PLANK 25 SCISSOR KICKS 20 KNEE-TO- ELBOW PLANKS					