



LIVE CORE
STRONG

BEGINNER
AB WORKOUT
Challenge

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BEGINNER LIVE CORE STRONG
30-DAY AB WORKOUT CHALLENGE

S	M	T	W	T	F	S
1 crunches scissors double leg lowers planks mountain climber 30 sec each + 30 sec rest = 3 min	2 bicycle flutter kicks heel taps side planks plank hip dips 30 sec each + 30 sec rest = 3 min	3 crunches scissors double leg lowers planks mountain climber 30 sec each + 30 sec rest = 3 min	4 bicycle flutter kicks heel taps side planks plank hip dips 30 sec each + 30 sec rest = 3 min	5 crunches scissors double leg lowers planks mountain climber 30 sec each + 30 sec rest = 3 min	6 bicycle flutter kicks heel taps side planks plank hip dips 30 sec each + 30 sec rest = 3 min	7 REST DAY
8 crunches scissors double leg lowers planks mountain climber 40 sec each + 40 sec rest = 4 min	9 bicycle flutter kicks heel taps side planks plank hip dips 40 sec each + 40 sec rest = 4 min	10 crunches scissors double leg lowers planks mountain climber 40 sec each + 40 sec rest = 4 min	11 bicycle flutter kicks heel taps side planks plank hip dips 40 sec each + 40 sec rest = 4 min	12 crunches scissors double leg lowers planks mountain climber 40 sec each + 40 sec rest = 4 min	13 bicycle flutter kicks heel taps side planks plank hip dips 40 sec each + 40 sec rest = 4 min	14 REST DAY
15 crunches scissors double leg lowers planks mountain climber 50 sec each + 50 sec rest = 5 min	16 bicycle flutter kicks heel taps side planks plank hip dips 50 sec each + 50 sec rest = 5 min	17 crunches scissors double leg lowers planks mountain climber 50 sec each + 50 sec rest = 5 min	18 bicycle flutter kicks heel taps side planks plank hip dips 50 sec each + 50 sec rest = 5 min	19 crunches scissors double leg lowers planks mountain climber 50 sec each + 50 sec rest = 5 min	20 bicycle flutter kicks heel taps side planks plank hip dips 50 sec each + 50 sec rest = 5 min	21 REST DAY
22 crunches scissors double leg lowers planks mountain climber 60 sec each + 60 sec rest = 6 min	23 bicycle flutter kicks heel taps side planks plank hip dips 60 sec each + 60 sec rest = 6 min	24 crunches scissors double leg lowers planks mountain climber 60 sec each + 60 sec rest = 6 min	25 bicycle flutter kicks heel taps side planks plank hip dips 60 sec each + 60 sec rest = 6 min	26 crunches scissors double leg lowers planks mountain climber 60 sec each + 60 sec rest = 6 min	27 bicycle flutter kicks heel taps side planks plank hip dips 60 sec each + 60 sec rest = 6 min	28 REST DAY
29 Do all 10 exercises 30 sec each x 2 sets for a complete 10 min ab workout 10 exercises x 30 sec x 2 sets = 10 min	30 Do all 10 exercises 30 sec each x 2 sets for a complete 10 min ab workout 10 exercises x 30 sec x 2 sets = 10 min					



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