

30 DAYS

Flat Abs Challenge

1	2	3	4	5
• 10 reps each exercise • plank 15s	• 10 reps each exercise • plank 15s	• 11 reps each exercise • plank 15s	• 11 reps each exercise • plank 15s	REST DAY
6	7	8	9	10
• 12 reps each exercise • plank 20s	• 12 reps each exercise • plank 20s	• 13 reps each exercise • plank 25s	• 15 reps each exercise • plank 25s	REST DAY
11	12	13	14	15
• 15 reps each exercise • plank 25s	• 15 reps each exercise • plank 25s	• 16 reps each exercise • plank 30s	• 15 reps each exercise • plank 30s	• 16 reps each exercise • plank 35s
16	17	18	19	20
REST DAY	• 16 reps each exercise • plank 35s	• 16 reps each exercise • plank 35s	• 17 reps each exercise • plank 40s	• 17 reps each exercise • plank 40s
21	22	23	24	25
• 18 reps each exercise • plank 40s	• 18 reps each exercise • plank 40s	• 19 reps each exercise • plank 45s	• 19 reps each exercise • plank 45s	• 20 reps each exercise • plank 45s
26	27	28	29	30
• 20 reps each exercise • plank 50s	• 21 reps each exercise • plank 55s	REST DAY	• 21 reps each exercise • plank 60s	• 22 reps each exercise • plank 60s