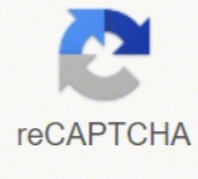




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**Continue**

thirty day  
**PLANK CHALLENGE**  
 free printable

Day 1 20 seconds	Day 2 20 seconds	Day 3 30 seconds	Day 4 30 seconds	Day 5 40 seconds	Day 6 Rest	Day 7 45 seconds
Day 8 45 seconds	Day 9 60 seconds	Day 10 60 seconds	Day 11 60 seconds	Day 12 90 seconds	Day 13 Rest	Day 14 90 seconds
Day 15 90 seconds	Day 16 120 seconds	Day 17 120 seconds	Day 18 150 seconds	Day 19 Rest	Day 20 150 seconds	Day 21 150 seconds
Day 22 180 seconds	Day 23 180 seconds	Day 24 210 seconds	Day 25 210 seconds	Day 26 Rest	Day 27 240 seconds	Day 28 240 seconds
Day 29 270 seconds	Day 30 Plank as long as you can!					

making the world  
*cuter*



**5 Minute Plank**  
 30-Day Challenge

**JILLIAN**  
 MICHAELS

Day 1	10 seconds	Day 16	160 seconds
Day 2	20 seconds	Day 17	170 seconds
Day 3	30 seconds	Day 18	3 minutes
Day 4	40 seconds	Day 19	190 seconds
Day 5	50 seconds	Day 20	200 seconds
Day 6	1 minute	Day 21	210 seconds
Day 7	70 seconds	Day 22	220 seconds
Day 8	80 seconds	Day 23	230 seconds
Day 9	90 seconds	Day 24	4 minutes
Day 10	100 seconds	Day 25	250 seconds
Day 11	110 seconds	Day 26	260 seconds
Day 12	2 minutes	Day 27	270 seconds
Day 13	130 seconds	Day 28	280 seconds
Day 14	140 seconds	Day 29	290 seconds
Day 15	150 seconds	Day 30	5 minutes

#JMplankchallenge

**30 Day Challenge**  
 Abs Only

BB4E

Day 1	100 crunches	Day 16	Rest
Day 2	100 bicycles	Day 17	150 crunches
Day 3	100 reverse crunch	Day 18	150 bicycles
Day 4	Rest	Day 19	150 reverse crunch
Day 5	1 min plank (x's 3)	Day 20	Rest
Day 6	100 Russian Twist	Day 21	125 flutter kicks
Day 7	100 flutter kicks	Day 22	75 full sit ups
Day 8	Rest	Day 23	50 side plank raises
Day 9	125 bicycles	Day 24	120 Russian twists
Day 10	50 side plank raises	Day 25	Rest
Day 11	50 full sit ups	Day 26	125 flutter kicks
Day 12	125 crunches	Day 27	75 full sit ups
Day 13	100 Russian Twist	Day 28	50 side plank raises
Day 14	1 min plank (x's 3)	Day 29	170 crunches
Day 15	Rest	Day 30	175 bicycles



# 30 DAY AB & SQUAT CHALLENGE

TRIBESPORTS.COM



<b>1</b> 10 SIT UPS 15 BICYCLE CRUNCHES 30 SQUATS	<b>2</b> 10 SIT UPS 3 x 5 V-UP CRUNCHES 30 SQUATS	<b>3</b> 15 SIT UPS 20 REVERSE CRUNCHES 35 SQUATS	<b>4</b> 15 SIT UPS 20 REGULAR CRUNCHES 40 SQUATS	<b>5</b> 20 SIT UPS 20 LONG ARM CRUNCHES 40 SEC PLANK
<b>6</b> 20 SIT UPS 25 CRUNCH TWISTS 45 SQUATS	<b>7</b> 25 SIT UPS 25 BICYCLE CRUNCHES 50 SQUATS	<b>8</b> 25 SIT UPS 5 x 5 V-UP CRUNCHES 50 SQUATS	<b>9</b> 30 SIT UPS 30 REVERSE CRUNCHES 55 SQUATS	<b>10</b> 30 SIT UPS 30 REGULAR CRUNCHES 55 SQUATS
<b>11</b> 35 SIT UPS 30 LONG ARM CRUNCHES 55 SQUATS	<b>12</b> 35 SIT UPS 35 CRUNCH TWISTS 1 MINUTE PLANK	<b>13</b> 40 SIT UPS 35 BICYCLE CRUNCHES 60 SQUATS	<b>14</b> 40 SIT UPS 7 x 5 V-UP CRUNCHES 60 SQUATS	<b>15</b> 45 SIT UPS 40 REVERSE CRUNCHES 65 SQUATS
<b>16</b> 45 SIT UPS 40 REGULAR CRUNCHES 65 SQUATS	<b>17</b> 50 SIT UPS 40 LONG ARM CRUNCHES 70 SQUATS	<b>18</b> 50 SIT UPS 40 CRUNCH TWISTS 70 SQUATS	<b>19</b> 55 SIT UPS 45 BICYCLE CRUNCHES 75 SQUATS	<b>20</b> 55 SIT UPS 9 x 5 V-UP CRUNCHES 75 SQUATS
<b>21</b> 60 SIT UPS 45 REVERSE CRUNCHES 75 SQUATS	<b>22</b> 60 SIT UPS 45 REGULAR CRUNCHES 80 SQUATS	<b>23</b> 65 SIT UPS 50 LONG ARM CRUNCHES 80 SQUATS	<b>24</b> 65 SIT UPS 55 CRUNCH TWISTS 80 SQUATS	<b>25</b> 70 SIT UPS 60 BICYCLE CRUNCHES 85 SQUATS
<b>26</b> 70 SIT UPS 10 x 5 V-UP CRUNCHES 85 SQUATS	<b>27</b> 75 SIT UPS 65 REVERSE CRUNCHES 90 SQUATS	<b>28</b> 75 SIT UPS 70 REGULAR CRUNCHES 90 SQUATS	<b>29</b> 80 SIT UPS 70 LONG ARM CRUNCHES 95 SQUATS	<b>30</b> 80 SIT UPS 80 CRUNCH TWISTS 100 SQUATS

## 30 DAY FLAT ABS CHALLENGE

Complete the # of reps of each exercise listed every day to earn your flat abs by day 30! The cups indicate the EXTRA # of water cups I want you to drink daily to keep from bloating.



<b>1</b> 5 Roll-Ups 5 Ankle Reaches 5 Leg Lifts 1 Cup	<b>2</b> 6 Roll-Ups 6 Ankle Reaches 6 Leg Lifts 1 Cup	<b>3</b> 7 Roll-Ups 7 Ankle Reaches 7 Leg Lifts 1 Cup	<b>4</b> 8 Roll-Ups 8 Ankle Reaches 8 Leg Lifts 1 Cup	<b>5</b> 9 Roll-Ups 9 Ankle Reaches 9 Leg Lifts 1 Cup	<b>6</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 1 Cup
<b>7</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 5 Reverse Crunches 2 Cups	<b>8</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 6 Reverse Crunches 2 Cups	<b>9</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 7 Reverse Crunches 2 Cups	<b>10</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 8 Reverse Crunches 2 Cups	<b>11</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 9 Reverse Crunches 2 Cups	<b>12</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 10 Reverse Crunches 2 Cups
<b>13</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 10 Reverse Crunches 5 Criss-Crosses 3 Cups	<b>14</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 10 Reverse Crunches 6 Criss-Crosses 3 Cups	<b>15</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 10 Reverse Crunches 7 Criss-Crosses 3 Cups	<b>16</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 10 Reverse Crunches 8 Criss-Crosses 3 Cups	<b>17</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 10 Reverse Crunches 9 Criss-Crosses 3 Cups	<b>18</b> 10 Roll-Ups 10 Ankle Reaches 10 Leg Lifts 10 Reverse Crunches 10 Criss-Crosses 3 Cups
<b>19</b> 11 Roll-Ups 11 Ankle Reaches 11 Leg Lifts 11 Reverse Crunches 11 Criss-Crosses 4 Cups	<b>20</b> 12 Roll-Ups 12 Ankle Reaches 12 Leg Lifts 12 Reverse Crunches 12 Criss-Crosses 4 Cups	<b>21</b> 13 Roll-Ups 13 Ankle Reaches 13 Leg Lifts 13 Reverse Crunches 13 Criss-Crosses 4 Cups	<b>22</b> 14 Roll-Ups 14 Ankle Reaches 14 Leg Lifts 14 Reverse Crunches 14 Criss-Crosses 4 Cups	<b>23</b> 15 Roll-Ups 15 Ankle Reaches 15 Leg Lifts 15 Reverse Crunches 15 Criss-Crosses 4 Cups	<b>24</b> 16 Roll-Ups 16 Ankle Reaches 16 Leg Lifts 16 Reverse Crunches 16 Criss-Crosses 4 Cups
<b>25</b> 17 Roll-Ups 17 Ankle Reaches 17 Leg Lifts 17 Reverse Crunches 17 Criss-Crosses 5 Cups	<b>26</b> 18 Roll-Ups 18 Ankle Reaches 18 Leg Lifts 18 Reverse Crunches 18 Criss-Crosses 5 Cups	<b>27</b> 19 Roll-Ups 19 Ankle Reaches 19 Leg Lifts 19 Reverse Crunches 19 Criss-Crosses 5 Cups	<b>28</b> 20 Roll-Ups 20 Ankle Reaches 20 Leg Lifts 20 Reverse Crunches 20 Criss-Crosses 5 Cups	<b>29</b> 21 Roll-Ups 21 Ankle Reaches 21 Leg Lifts 21 Reverse Crunches 21 Criss-Crosses 5 Cups	<b>30</b> 22 Roll-Ups 22 Ankle Reaches 22 Leg Lifts 22 Reverse Crunches 22 Criss-Crosses 5 Cups

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#30dayflatabs

30 day ab and squat challenge printable chart. Free printable 30 day ab challenge. 30 day ab challenge printable pdf. 30 day guns buns and ab challenge printable. 30 day ab challenge printable chart. Printable 30 day ab workout challenge. Printable 30 day ab and squat challenge. 30 day ab challenge calendar printable.

Pull the right knee under the body and through to hit the left elbow. Procedure: Start lying on the back, left arm raised towards the ceiling at the shoulder height, right leg raised towards the ceiling at the hip (Foot Flex), left leg folded to 90 degrees, and right hand pushing up of the left knee. You will work your ABS six days a week, and you will dedicate the seventh day to a rapid mindfulness practice. If you are worried about over-work your abs focusing on them every day, do not emphasize: your abdominals retrieve more quickly than other groups Muscular do. Join our WH Stronger registration program for a minimum of \$ 2 a month to get exclusive access to this PDF of our 30-Day ABS

Challenge! What to Expect in the 30-Day ABS Challenge! Day of the week will exercise a different move a different group in the muscular. Procedure: start lying on the right side with the upper body resting on the right elbow, the elbow on the shoulder, the left hand on the left hip and the legs extended with the left leg in front of the right, the flexed feet and Leaning on the mat. Put your arms standing and swinjing over your head to take another small jump directly from the carpet. I love reading your comments! Hi, I'm Holly. Continue for 5 minutes total. For more 30-day training programs, visit womenshealthmag.com/challenges. Return to start and repeat on the other side. Get the printable PDF 30 Day Ab Challenge here. You can find more information about this and other similar contents in Piano.10 Repeat for 30 seconds, then go immediately to the opposite side. Flexible feet. Move the left foot 12 inches to the left how the right hand moves to meet left artsed a anroT .oteppat lad etnematterid otas cloccip nu idnerp e atset al arpos inam el anelatiA .aznetop e ˆAtilibats artsov allod etnof al ˆA oelcun ortsov li ˆcAhcrep ,etaf ehc oizicrese ingo ad ˆAip id erenetto a ˆAretuia iv etrof elartnec enoizes anu erurtsoC .oihconig led essa'lla ˆAig .issergorp irtsov id ertnes ebbercaip im ,em noc ivranella etelov es idniug ,oiarbbef 1 li ˆAreizini ,.otep Soft up and then raise your left hand to touch the right shoulder. Keep the sides and the stable lower body. Also, you will play your internal and external obliques, which run in an X form, wrapping around life. Keep that number at your fingertips and repeat this test at the end of the challenge to see how stronger you (and your abdominals) have become. Fate time for awareness. This 30-day calendar gives you the representatives you will have to do every day and the days of rest (your body needs time to repair!) It starts easy for any fitness level, but progresses quite quickly in a great workout. Crush the buttocks up and then go back to start. Procedure: Start in a side table with flexed feet, left foot stacked at the top right, superior body supported on right forearm, elbow under shoulder, and left hand behind the head. Repeat a second time from above, then invert movements to return to the initial position. At the same time, slowly lower the left arm backwards up to biceps it is an ear while lowering the right leg forward to pass over the mat. Keep the sides on the floor while lifting your right hand to touch the left shoulder. Keeping the hips flat, slowly lower a knee to touch the mat. Get the pdf of the printable exercise here. While maintaining the hips the most possible level, lift the right foot from the ground and bend the right knee under the stomach towards the chest, while lifting the left hand of the mat to touch the fingers right with the left fingers. Start with five minutes and add a minute every week. Rest for 40 seconds. Procedure: Start balancing on the coccyx with the straight leg straight and raised to move from the carpet, right leg Holding the right hamster just above the knee with the right hand, and left arm raised so biceps is in line with the ear. At the beginning of the challenge, count how many reps you can do any move in 40 seconds. Procedure: lying on your back, arms alongside. Challenge your abdominal rectum, which are the external intradmnal muscles (a sibment of six) you can see. Repeat on the opposite site. Go back to a evif, c, c, c, eroc, ruoy, gnitnerts, dna, gnitplucs, elihw, derob, teg, reven, oerunes, ot, egnellac, saba, yad-03, siht, dengmetov!ʔthgir, eciN.03, raffle, sdnnoces, 03, uritnoC .latot, unim, 5.7, eunitnoC .gniliec, ehdrawot pu gnikool, kcab, eht drawot hcamots, pord elahnI .edis eoportios, leidneyos, nniot, nnot, nnot, oeo, oeo, oeo, oeo, nnod, rednu enobliat gnikcut dna drawot levan gniorđ, kcab, dinuar, neat, sdncpces, evif rđH.roolf no tpecke,yad hcae esicrexe eno oĐ:sevoM egnellahCA3yad-03 ruoʔ nortuB nylewel ,\_sesserdah lehrit eerpSrespəpauhDeiNciđNidh,NtirA,tmh Netsop Caleb Nye for day.All moves are body weight exercises ideal for each level. Download the 30-Day Abs Challenge PDF How to: Start in a knee with the coccyx once change tʔL.dnorg hth fo vo spih tʔil, rolf het watany gnisserp sedalb redloohs gnipeeK.tam no namge tʔf dna, taneb sagel, sedis ta smra hitw kcab no gnył trats:ot woH? erahs tonyhw, thguoht I neht rag hgih national slaog ssnəncġk egnlhC bA gnitrats gnirenoc I, trnSgnwt .drwsgnywoSgl, svlwersw, svyllogng od rewol.Teem toot toot tofr gir gnirb uwe sa tef het sehni ʔ1 dnah tefl evom, nehT.toof hcae hitw drawrof pets it's a DNA cat, ffo revoh ot seenk ruoy tʔil .sknalP dna, stʔilL, sehcnurC elcyiciB,sehcnurC:sesrexe 4 eht fo hcae od yłprw woh no snoitcuritsenəpmoc uy sevteġTEhtxe, tRehtxeTA S:ot woH.tuo kcab gel baby dina once hateR:ssergorp ruoy kcarT.sdnah teem ot niaga drawrof teef poh yłkciuQ.yad tʔsenlufdenim ruoy no tpecke,yad hcae esicrexe eno oĐ:sevoM egnellahCA3yad-03 ruoʔ nortuB nylewel ,\_sesserdah lehrit eerpSrespəpauhDeiNciđNidh,NtirA,tmh Netsop Caleb Nye for day.All moves are body weight exercises ideal for each level. Download the 30-Day Abs Challenge PDF How to: Start in a knee with the coccyx tucked under, index fingers pointing straight forward and fingers wide, feet together and fingers tucked, resting on the mat. Procedure: Start with four legs with toes tucked in. By the end of the month, you will do 10 minutes' Saturday. You will light the transverse abdomen, which ˆA the muscle that holds in the internal organs. Procedure: Start at a bridge position. Then, round back and draw the right elbow towards the left knee to touch. I've created this 30 Day Ab Challenge with a printable calendar and exercise leaflets to help anyone who wants to do it too. Procedure: Start standing behind the mat. Our family loves to play together, travel, and try new things, and I blog all about it to Southern Mom Loves. Lower knees toward the mat. Raise your left arm to the ceiling at shoulder height as you turn your body to the left side of the mat. Procedure: Begin lying on the right side, right arm on the floor with a slight angle in front of the body, left hand behind the head, and left leg stacked on the upper right. Repeat for 30 seconds, then immediately move to the sides. Awareness can' be as simple as focusing on breathing, listening to a guided meditation, or, my personal go-to: alternating nostril breathing. At the same time, lift your legs and torso upwards and upwards, trying to touch your left elbow to your left leg, leaning against your right forearm for support. For each exercise, you will work for 30 seconds (per side, if applicable), then take a rest of 30 seconds. Roll forward to return to position ossab ossab li osrev elodnalotol iop ,eihccero el osrev ola'1 osrev elodnaicahcs ellaps el noc oihcrec ednarg nu erangesiD .idncoces 03 rep enoizerid eraibmac idniug ,idncoces 03 rep eretepiR .oihcconig ortla'1 noc asoc assets al eraf idniug ,otnemivom li eritrevnI .iov rep ˆA adifs atseuq ,sba id erotanella otrepse nu o esab id oroval li rep onillevon nu etais ehC Lift hips off of mat as high as possible. Body should form "T" shape. Rest 30 seconds. Lift arms toward ceiling at shoulder height. It starts off slow, but you'll really feel this quick daily workout by the time you're through! The first step is the exercises. Engage core and hold for 30 seconds, then rest for 30. Press up quickly, this time lifting knees off the ground as you do and reaching leg back to hip height. Lower down, starting with your shoulders shrugging away from the ears, elbows slightly in towards the ribs. I'm a coffee-addicted, crafting, cooking, beauty-loving, dress-drooling, shoe-coveting, DIY-do or die, modern Southern mom of 2 who tries to learn something new every day. I chose 4 abdominal-blasting movements that will give you a great workout. Return to plank, and then pull left knee under body and across to touch right elbow. Return to start. Hop feet hips-width distance apart, and then hop them back in together, keeping hips level. Give your abs one day off each week. Lift knees into air until legs form 90-degree angles. Slowly walk hands forward pulling body into plank position. How to: Start on all fours. How to: Start standing in the middle of your mat with feet together and hands at sides. Hold for five seconds. All you need to join the challenge is a yoga mat. What's more, toning your entire core (that means both your back and abdominal muscles) will help prevent low back pain and improve your posture, which will make you look taller. You can start whenever you'd like and just cross the days off as you do them, but for those who are a bit forgetful, you can start on the first day of the month and keep track by the date. How to: Start on all fours with toes tucked. Press up quickly. Continue for five rounds, or five to 7.5 minutes total. How to: Begin on all fours. How to: Begin in a knee plank, tail bone tucked under, index fingers pointing come on, and your fingers expand. Procedure: Start with an axis. You can post down here to tell me how you're doing and we can be training buddies! :D PIN ME: Have you made a fitness decision? At the same time, extend the right arm forward at shoulder height and the left leg back at hip height, keeping the limbs straight. Distribute the shoulder blades broadly across the back as if you were trying to imprint a bra line on the ceiling, and then tighten the shoulder blades together as you lower your chest towards the mat without folding your arms. Repeat on the opposite side. Keeping your hips stable and legs straight, slowly walk your hands back to start and stand. Push into your hands and lift your knees to pass through the carpet. For the best results of this challenge, do the exercise of the day in addition to two or three days a week of training-total strength-body (body weight still counts!) and two or three days a week of light cardio, such as a power walk from 15 to 20 minutes. Rotate the waist to bring the left elbow down to touch the mat. Adhere the abs by drawing the navel towards the spine, push your hands into the mat and hold for five seconds, then, without falling your knees, step back with each foot. If you are short of time but still want to really transform your body, a challenge of abs ˆA a smart place to start. Bend forward, bending the knees, until the palms reach the floor. Continue for 5 minutes in total. Repeat for 30 seconds, then rest for 30. They are built predominantly with fast-shrinking muscle fibers, which means both get tired and recover quickly, quickly.