

# 30-Day Ab Challenge

## Day 1

30 sec / 30 sec rest:

Dead Bugs  
Toe Touches  
Russian Twists  
Mountain Climbers  
Plank

## Day 2

Repeat Day 1

## Day 3

Repeat Day 1

## Day 4

Repeat Day 1

## Day 5

Repeat Day 1

## Day 6

Repeat Day 1

## Day 7

Repeat Day 1

## Day 8

40 sec / 20 sec rest:

Sit-ups  
Lying Leg Raises  
Plank Shoulder Taps  
Cross-body Mountain Climbers  
Hollow Hold & Rocks

## Day 9

Repeat Day 8

## Day 10

Repeat Day 8

## Day 11

Repeat Day 8

## Day 12

Repeat Day 8

## Day 13

Repeat Day 8

## Day 14

Repeat Day 8

## Day 15

50 sec / 10 sec rest:

Weighted Crunches  
Hanging Knee Raises  
Weighted Russian Twists  
V-up  
Side Planks

## Day 16

Repeat Day 15

## Day 17

Repeat Day 15

## Day 18

Repeat Day 15

## Day 19

Repeat Day 15

## Day 20

Repeat Day 15

## Day 21

Repeat Day 15

## Day 23

Repeat Day 22

## Day 24

Repeat Day 22

## Day 25

Repeat Day 22

## Day 26

Repeat Day 22

## Day 27

Repeat Day 22

## Day 28

Repeat Day 22

## Day 22

60 sec / No rest:

Ab Rollouts  
L-sits  
Landmine Rotations  
Hanging Leg Raises  
Side Star Planks

## Day 29

Repeat Day 22

## Day 30

Repeat Day 22