

30 DAY AB CHALLENGE FOR A FLAT TUMMY

DAY 1

10 CRUNCHES
10 RUSSIAN TWISTS
10 LEG LIFTS
15 SEC PLANK

DAY 2

10 REVERSE CRUNCHES
10 TOE TOUCHES
10 FLUTTER KICKS
15 SEC PLANK

DAY 3

10 CRUNCHES
10 HEEL TAPS
10 DIAMOND SIT UPS
15 SEC PLANK

DAY 4

REST

DAY 5

12 CRUNCHES
12 RUSSIAN TWISTS
12 LEG LIFTS
30 SEC PLANK

DAY 6

12 REVERSE CRUNCHES
12 TOE TOUCHES
12 FLUTTER KICKS
30 SEC PLANK

DAY 7

12 CRUNCHES
12 HEEL TAPS
12 DIAMOND SIT UPS
30 SEC PLANK

DAY 8

REST

DAY 9

15 CRUNCHES
15 RUSSIAN TWISTS
15 LEG LIFTS
45 SEC PLANK

DAY 10

15 REVERSE CRUNCHES
15 TOE TOUCHES
15 FLUTTER KICKS
45 SEC PLANK

DAY 11

15 CRUNCHES
15 HEEL TAPS
15 DIAMOND SIT UPS
45 SEC PLANK

DAY 12

REST

DAY 13

10 CRUNCHES
10 RUSSIAN TWISTS
10 LEG LIFTS
60 SEC PLANK

x2

DAY 14

10 REVERSE CRUNCHES
10 TOE TAPS
10 FLUTTER KICKS
60 SEC PLANK

x2

DAY 15

10 CRUNCHES
10 HEEL TAPS
10 DIAMOND SIT UPS
60 SEC PLANK

x2

DAY 16

REST

DAY 17

12 CRUNCHES
12 RUSSIAN TWISTS
12 LEG LIFTS
60 SEC PLANK

x2

DAY 18

12 REVERSE CRUNCHES
12 TOE TAPS
12 FLUTTER KICKS
60 SEC PLANK

x2

DAY 19

12 CRUNCHES
12 HEEL TAPS
12 DIAMOND SIT UPS
60 SEC PLANK

x2

DAY 20

REST

DAY 21

15 CRUNCHES
15 RUSSIAN TWISTS
15 LEG LIFTS
60 SEC PLANK

x2

DAY 22

15 REVERSE CRUNCHES
15 TOE TAPS
15 FLUTTER KICKS
60 SEC PLANK

x2

DAY 23

15 CRUNCHES
15 HEEL TAPS
15 DIAMOND SIT UPS
60 SEC PLANK

x2

DAY 24

REST

DAY 25

10 CRUNCHES
10 RUSSIAN TWISTS
10 LEG LIFTS
60 SEC PLANK

x3

DAY 26

10 REVERSE CRUNCHES
10 TOE TAPS
10 FLUTTER KICKS
60 SEC PLANK

x3

DAY 27

10 CRUNCHES
10 HEEL TAPS
10 DIAMOND SIT UPS
60 SEC PLANK

x3

DAY 28

REST

DAY 29

10 CRUNCHES
10 RUSSIAN TWISTS
10 LEG LIFTS
10 REVERSE CRUNCHES
60 SEC PLANK

x3

DAY 30

10 TOE TAPS
10 FLUTTER KICKS
10 HEEL TAPS
10 DIAMOND SIT UPS
60 SEC PLANK

x3

Firm Abs Flat Stomach In Only 30 Days

Arthur James Wells



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