

30 DAY AB CHALLENGE.

30 seconds rest interval between each workout.



Days	Exercises	Time
1	Bird dog, Leg raises, Russian twist.	30 secs
2	Bird dog, Leg raises, Russian twist.	40 secs
3	Bird dog, Leg raises, Russian twist.	50 secs
4	Bird dog, Leg raises, Russian twist.	60 secs
5	Bird dog, Leg raises, Russian twist.	60 secs
6	5 sets of High knees.	60 secs per set.
7	Rest	
8	Bird dog, Leg raises, Russian twist, Bicycle.	30 secs
9	Bird dog, Leg raises, Russian twist, Bicycle.	40 secs
10	Bird dog, Leg raises, Russian twist, Bicycle.	50 secs
11	Bird dog, Leg raises, Russian twist, Bicycle.	60 secs
12	Bird dog, Leg raises, Russian twist, Bicycle.	60 secs
13	5 sets of Frogger.	60 secs per set
14	Rest	
15	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers.	30 secs
16	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers.	40 secs
17	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers.	50 secs
18	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers.	60 secs
19	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers.	60 secs
20	5 sets of Tuck jump.	60 secs per set
21		
22	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers, Walking planks.	30 secs
23	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers, Walking planks.	40 secs
24	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers, Walking planks.	50 secs
25	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers, Walking planks.	60 secs
26	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers, Walking planks.	60 secs
27	5 sets of Burpee.	60 secs per set
28	Rest	
29	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers, Walking planks, and 3 sets of High knees.	60 secs
30	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers, Walking planks, and 3 sets of Froggers.	60 secs

31	Bird dog, Leg raises, Russian twist, Bicycle, Mountain climbers, Walking planks, and 3 sets of Tuck jump.	60 secs
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30 Day Challenge - Ab exercise guides

Bird dog



- Get into a tabletop position with your shoulders directly above your wrists and hips in line with your knees.
- Straighten your right leg directly behind you while extending your left hand in front of you.
- Return to starting position.
- Alternate by raising your left leg and right hand simultaneously.
- Return to starting position. That is one rep.

Bicycle



- Lie face up and rest the back with hands behind your head, elbows out.
- Raise your legs and begin to reach each elbow toward the opposite knee, extending the other leg out.
- You can add resistance bands to make it more challenging. [Click here to see the use of resistance bands.](#)

Russian twist



- Sit with only your butt supporting your body.
- Bend legs at the knees and hold your feet above the ground.
- Lean back so your upper body is at a 45-degree angle to the floor.
- Clamp your hands in front of your chest.
- Twist your torso to the left bringing your left shoulder to the floor.
- Repeat on the other side.

Leg raises



- Lie faceup and bring your legs together keeping them as straight as you can.
- Raise your legs till they are perpendicular to your body.
- Lower your feet to the ground without allowing them to touch the ground.
- Hold the position for a second then bring your legs back up. That is one rep.

Mountain climbers



- Get on all fours in a straight arm plank position.
- Bring one knee toward your chest making sure to keep your back straight.
- Hold the position for a few seconds.
- Return to the starting position and repeat for the other knee.

Walking plank



- Get into a forearm plank position with your shoulders in line with your elbows and forearms parallel to each other on the ground.
- Push the ground with your right arm, straighten your right arm into a high plank, followed by your left arm immediately.
- Then, bring your right forearm to the ground and then your left forearm. This is one rep.

To Your Workout Success!!

Ria

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