

Blogilates

**30
DAY**

FLAT ABS CHALLENGE

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



Reverse Crunch



Double Leg Lift



Ankle Reach



Criss-Cross



Roll-Up

1

- ☐ 5 Roll-Ups
- ☐ 5 Ankle Reaches
- ☐ 5 Leg Lifts

2

- ☐ 6 Roll-Ups
- ☐ 6 Ankle Reaches
- ☐ 6 Leg Lifts

3

- ☐ 7 Roll-Ups
- ☐ 7 Ankle Reaches
- ☐ 7 Leg Lifts

4

- ☐ 8 Roll-Ups
- ☐ 8 Ankle Reaches
- ☐ 8 Leg Lifts

5

- ☐ 9 Roll-Ups
- ☐ 9 Ankle Reaches
- ☐ 9 Leg Lifts

6

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts

7

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 5 Reverse Crunches

8

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 6 Reverse Crunches

9

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 7 Reverse Crunches

10

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 8 Reverse Crunches

11

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 9 Reverse Crunches

12

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches

13

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 5 Criss-Crosses

14

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 6 Criss-Crosses

15

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 7 Criss-Crosses

16

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 8 Criss-Crosses

17

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 9 Criss-Crosses

18

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 10 Criss-Crosses

19

- ☐ 11 Roll-Ups
- ☐ 11 Ankle Reaches
- ☐ 11 Leg Lifts
- ☐ 11 Reverse Crunches
- ☐ 11 Criss-Crosses

20

- ☐ 12 Roll-Ups
- ☐ 12 Ankle Reaches
- ☐ 12 Leg Lifts
- ☐ 12 Reverse Crunches
- ☐ 12 Criss-Crosses

21

- ☐ 13 Roll-Ups
- ☐ 13 Ankle Reaches
- ☐ 13 Leg Lifts
- ☐ 13 Reverse Crunches
- ☐ 13 Criss-Crosses

22

- ☐ 14 Roll-Ups
- ☐ 14 Ankle Reaches
- ☐ 14 Leg Lifts
- ☐ 14 Reverse Crunches
- ☐ 14 Criss-Crosses

23

- ☐ 15 Roll-Ups
- ☐ 15 Ankle Reaches
- ☐ 15 Leg Lifts
- ☐ 15 Reverse Crunches
- ☐ 15 Criss-Crosses

24

- ☐ 16 Roll-Ups
- ☐ 16 Ankle Reaches
- ☐ 16 Leg Lifts
- ☐ 16 Reverse Crunches
- ☐ 16 Criss-Crosses

25

- ☐ 17 Roll-Ups
- ☐ 17 Ankle Reaches
- ☐ 17 Leg Lifts
- ☐ 17 Reverse Crunches
- ☐ 17 Criss-Crosses

26

- ☐ 18 Roll-Ups
- ☐ 18 Ankle Reaches
- ☐ 18 Leg Lifts
- ☐ 18 Reverse Crunches
- ☐ 18 Criss-Crosses

27

- ☐ 19 Roll-Ups
- ☐ 19 Ankle Reaches
- ☐ 19 Leg Lifts
- ☐ 19 Reverse Crunches
- ☐ 19 Criss-Crosses

28

- ☐ 20 Roll-Ups
- ☐ 20 Ankle Reaches
- ☐ 20 Leg Lifts
- ☐ 20 Reverse Crunches
- ☐ 20 Criss-Crosses

29

- ☐ 21 Roll-Ups
- ☐ 21 Ankle Reaches
- ☐ 21 Leg Lifts
- ☐ 21 Reverse Crunches
- ☐ 21 Criss-Crosses

30

- ☐ 22 Roll-Ups
- ☐ 22 Ankle Reaches
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- ☐ 22 Reverse Crunches
- ☐ 22 Criss-Crosses

How To Get Abs 30 Day Abs Challenge Flat Abs

Joan Pagano



How To Get Abs 30 Day Abs Challenge Flat Abs :

How to Get Abs Oswin Dacosta, 2015-01-25 **HOW TO GET ABS II** This is book II which is a part of a series and it will cover a variety of concepts that will teach you how to get rid of fat build up over your stomach and teach you how to do this effectively You will learn how to eliminate fat and become more toned and ripped in the stomach or core region in no time at all When your stomach is flat and tight it can actually lift your self esteem and make you very proud and aware of your overall physical condition There is more to ab weight loss than just exercise weight loss is just a component of the flat ab process Book II will cover how to get visible and attractive abs in 30 days Again thank you for picking up my book As I said this book will cover the precise ways for anyone especially women to loose belly fat and drop sizes fast We will cover flat stomach exercises how to reduce belly fat the diet and nutrition associated with it and machines that will help you with your weight loss goal You will leave this book and this series with a much better understanding of how your body works and how to get rid of unwanted body fat and look sexy again If you are someone who has struggled with weight loss for some time you will feel right at home with this read

The Women's Health Big Book of Abs Adam Bornstein, Editors of Women's Health Maga, 2012-05-08 The essential diet and fitness guide to lean sexy abs including a results driven 4 week program to lose weight strengthen your core and tone your entire body Call it a spare tire muffin top or paunch Men and women consistently cite their belly as their biggest problem area and it is often the toughest final pounds to lose Not anymore Whether readers eating habits have been affected by stress their bodies have changed with age or they re constantly doing crunches without results it s time to blast belly fat the right way Using the comprehensive week by week eating and exercise plan readers can lose up to 20 pounds in 4 weeks and keep it off forever The Women s Health Big Book of Abs special features include A delicious easy to follow diet that includes satisfying carbs A special section on the best pre and post pregnancy workouts Hundreds of tips on how to reveal a lean flat belly and bikini worthy body Including a step by step 4 week eating and exercise plan easy to prepare recipes and hundreds of exercises The Men s Health Big Book of Abs and The Women s Health Big Book of Abs by Adam Bornstein and the Editors of Women s Health is the ultimate guide to a leaner fitter sexier body starting with your core

Naked in 30 Days Theresa Roemer, 2016-03-13 All you need is one month and the determination to change your life Naked in 30 Days is a day by day guide to getting yourself in shape through the insider secrets the author has learned in her decades as a fitness expert and award winning body builder as well as through diet and exercise and life experience Theresa s passion for health inspired her to write Naked in 30 Days to empower women to feel as vibrant and healthy at 45 and beyond as they did at 25 Anyone can do anything for a period of 30 days and if you put yourself on this plan you will find that you change your approach to food and exercise as well as your relationship to both Before you know it you ll be standing naked with yourself and proud of who you are and how you got there

15 Minute Abs Workout Joan Pagano, 2008-12-01 Why waste your time with tedious gym sessions when you can get a targeted express

workout with the 15 Minute Abs Workout This clever package gives you four expertly designed 15 minute abdominal workouts suitable for all levels of fitness Joan Pagano is certified in health and fitness instruction by the American College of Sports Medicine ACSM She has worked as a personal fitness trainer in New York City since 1988 providing professional guidance and support to people at all levels of fitness Through her work she has created hundreds of training programs for individuals as well as for the community at large Formerly the manager of a one on one training facility Joan now supervises her own staff of fitness specialists who work together as Joan Pagano Fitness Group She is the instructor in fitness evaluation techniques at Marymount Manhattan College and is also a nationally recognized provider of continuing education courses for fitness trainers through both the American Council on Exercise ACE and IDEA Health and Fitness Inc Joan is the author of Strength Training for Women DK Publishing 2004 Strength Training Deck DK Publishing 2006 8 Weeks to a Younger Body DK Publishing 2007 and Total Body Workout DK Publishing 2008

Human-Computer Interaction - INTERACT 2025

Carmelo Ardito, Simone Diniz Junqueira Barbosa, Tayana Conte, André Freire, Isabela Gasparini, Philippe Palanque, Raquel Prates, 2025-09-08 This four volume set LNCS 16108 16111 constitutes the proceedings of the 20th IFIP TC 13 International Conference on Human Computer Interaction INTERACT 2025 held in Belo Horizonte Brazil during September 8 12 2025 The 69 full papers 34 short papers and 79 papers of other types included in this book were carefully reviewed and selected from 330 submissions They were organized in topical sections as follows Part I Accessibility Adaptive and AI Powered Learning Systems Aesthetics in HCI Affective HCI and Emotion and Augmented Reality Part II Computer Supported Cooperative Work Context Dependent Systems Design and Evaluation in Smart and Ubiquitous Contexts Designing for Identity Safety and Cultural Values Emotionally Informed Design HCD for Mission Critical Systems HCI in Formal and Inclusive Learning Contexts HCI in Healthcare and Wellbeing and Human AI Interaction Part III Interaction with Small or Large Displays Learning Tools and Intelligent Tutoring Methodologies for HCI Multimodal Assistive Interfaces Usability Evaluation Methods Usable Privacy and Security Part IV Courses Industrial Experiences Interactive Demonstrations Panels Posters and Workshops

Tracy Anderson's 30-Day Method Tracy Anderson, 2010-09-20 Did you know muscles get bored just like people do And did you also know that there's a 9 out of 10 chance that you're working the wrong muscles when you exercise With TRACY ANDERSON'S 30 DAY METHOD you don't have to worry her unique workout will help you drop the weight and shrink your body in just 30 days Based on ten years of scientific research and experience getting not just herself but A-list stars and everyday people red carpet ready Anderson has developed a unique 30 day diet and workout routine that reshapes the body and defies genetics to tone the muscles and drop the pounds While most people incorrectly target their major muscle groups like the bicep or hamstring the focus should be on the smaller accessory muscles that can create a long lean balanced look instead of bulked up look Anderson's program is composed of a groundbreaking three-tiered approach including a mat workout and cardio routine targeting the all important accessory muscles and an exclusive 30 day meal plan

complete with dozens of delicious recipes This comprehensive kick start program is unlike any other workout on the market and it leaves no chance for anything but terrific fast results **The Men's Health Big Book: Getting Abs** Adam Bornstein, Editors of Men's Health, 2012-12-24 The essential diet and fitness guide to lean ripped abs including a results driven 4 week program to lose weight strengthen your core and chisel your entire body Call it a spare tire muffin top or paunch Men and women consistently cite their belly as their biggest problem area and it is often the toughest final pounds to lose Not anymore Whether readers eating habits have been affected by stress their bodies have changed with age or they're constantly doing crunches without results it's time to blast belly fat the right way Using the comprehensive week by week eating and exercise plan readers can lose up to 20 pounds in 6 weeks and keep it off forever Including a step by step 4 week eating and exercise plan easy to prepare recipes and hundreds of exercises The Men's Health Big Book of Abs is the ultimate guide to a leaner fitter sexier body **Flat Belly Made Easy** resell right, When it comes to losing weight many people have tried more than once to shed those extra pounds only to be unsuccessful In fact many of them have spent most of their lives being unhappy about their bodies wishing they had a flat stomach or a stronger core but not knowing how to get started With this report you will learn fast and easy stomach flattening tips and strategies based on proven results Topics covered How to Get a Flat Stomach Fatty Vs Fat Healthy Foods Fat Burning Foods Belly Fat Burning Workouts *Working Mother*, 1996-07 The magazine that helps career moms balance their personal and professional lives **Weekly World News**, 1996-05-07 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

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