

30-day FLAT ABS CHALLENGE

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 signs indicate the EXERCISE # of reps you must do to finish daily to keep from flailing.



Reverse Crunch



Double Leg Lift



Ankle Reach



Criss-Cross



Roll-Up

1

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

2

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 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
- ☐ 10 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
- ☐ 10 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
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- ☐ 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
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How To Get Abs 30 Day Abs Challenge Flat Abs Book

J Elliott



How To Get Abs 30 Day Abs Challenge Flat Abs Book :

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 Men's Health Big Book: Getting Abs](#) Adam Bornstein, Editors of Men's Health Magazi, 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 The Men s Health Big Book Getting Abs special features include Quick effective routines that replace boring painful crunches Manly and healthy recipes that take less than 15 minutes to prepare Hundreds of tips on how to emphasize muscle definition and six pack abs 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 by Adam Bornstein and the editors of Men s Health is the ultimate guide to a leaner fitter sexier body [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 **ABS for Life - The No.1 Solution on How to Get Six Pack ABS** Neil Frost,2008-07-11 Finally separating the facts from the fiction the Abs for Life System is your complete body makeover manual to lose that unwanted fat and uncover those abs you never knew you had The book comes complete with a full program and diet plans meal planners training sheets and much more The Big Book of Abs Muscle & Fitness,2013-08-01 In this guidebook to health the editors of Muscle Fitness magazine provide a five week plan as well as tips and strategies to get and stay motivated in obtaining well defined and toned abs There are more than 70 workout routines presented with full color photos to guide readers in the best possible way to achieve the goal of that tight six pack Throughout all the fitness routines there are informative tips and fast facts to make sure readers are performing the exercise in the safest and most effective manner Additionally to complete the workout program instruction in nutrition to ensure one s body is getting the proper mix of protein or carbohydrates just when it needs them is included *Sometimes Life Throws You a Curve* Evelyn McCollum,2012-07-13 At times when I was so sick I wondered if God had forsaken me and that the prayers were not getting through That was when I felt like Job but like Job I was determined to continue to trust Though he slay me yet will I trust in him If I renounced my faith turned my back on God where else could I go I also remembered the passage in Johns Gospel After this many of his disciples drew back and no longer went about with him Jesus said to the twelve Will you also go away Simon Peter answered him Where shall we go You have the words of eternal life so we have believed and have come to know you that you are the Holy One of God So my faith has remained intact throughout this ordeal *Deadline Fitness* Gina Lombardi,2008-12-29 From top celebrity fitness trainer Gina Lombardi deadline focused weight loss and fitness secrets to shape up for special occasions Whether it s a wedding in two months or the Academy Awards 30 days away many people feel stressed out about getting fit and looking their best for a big occasion In Deadline Fitness readers can find the perfect program to meet their weight loss and fitness goals With five individualized plans for different time frames the book combines proven easy to follow exercise and eating plans with dramatic inspiring stories about the special life events that spur us to tone up and look great *The Ultimate Body Book* Linda Shelton,Angela Hynes,2006-12-01 From America s 1 women s fitness magazine with six million readers each issue comes the Ultimate Body Book the follow up to the bestseller Shape Your Life Linda Shelton Shape magazine s fitness director shows you how to achieve your best body the Shape way This means getting lean and toned having high energy and possessing the head to toe confidence that comes from knowing you re at your personal peak of health and well being **Bollywood Abs** Neil Frost,2011-11-03 Bollywood Abs is the first book of its kind A complete Abs and Fat Loss System designed for the Asian Male Author Neil Frost travelled to the heart of India to design a System that would help transform the bodies of literally thousands of Asian Men The System

incorporates a unique Healthy Indian Diet Plan with over 100 fat busting recipes for meat eaters and vegetarians Western variations a Fully Structured Program that will build lean muscle mass 30 of the Best and Most Effective Abdominal Exercises Fat Cutting Strategies Meal Planners and much more Bollywood Abs offers YOU the unique chance to build your Best Body in just 12 weeks Neil Frost's Six Pack Blueprint Neil Frost,2014-05-03 This Simple and Free Guide provides you with the key fundamentals to help strip fat and uncover those abs Complete with my Color Code Diet Meals Plans Workouts and much more

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