

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
- ☐ 5 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
- ☐ 5 Reverse Crunches
- ☐ 5 Criss-Crosses

14

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

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