



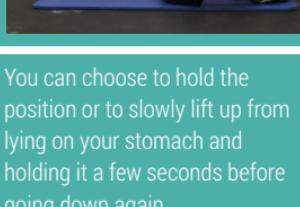
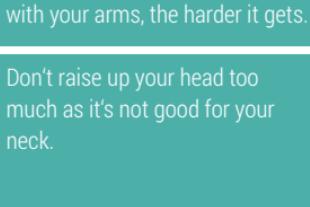
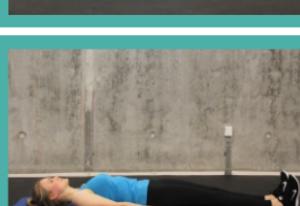
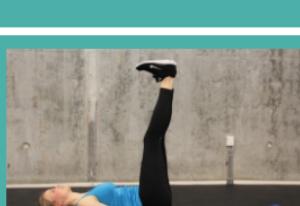
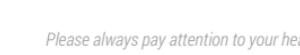
30 Days Abs Challenge

Weeks 1 | 2 | 3 | 4

## Workout Plan

Plank Leg Shuffle Crunches <b>01</b>	Candlestick Dipper Runners Crunches Bicycle <b>02</b>	<b>REST DAY</b> <b>03</b>	Plank Hip Twists Diamond Crunches Super(wo)man <b>04</b>
Plank Leg Raise Runners Crunches <b>05</b>	Mountain Climbers Cobra Knee Tucks Russian Twists <b>06</b>	<b>REST DAY</b> <b>07</b>	Each exercise 20 sec. (light) or 40 sec. (medium) or 60 sec. (hard) and 3 sets

## The Exercises

<b>PLANK</b>		The plank is one of the basic core exercises - try to hold your back and hips in one line and tighten your belly.
<b>LEG SHUFFLE</b>		Fully extend your legs and shuffle them up and down. Pay attention that you're not falling into a hollow back. Pause the exercise in that case.
<b>CRUNCHES</b>		 Do the moves slowly and try to hold your legs still. The movement needs to come from your abs - not your arms!
<b>CANDLESTICK DIPPER</b>		 Slowly bend over to one side, holding your body under tension the whole time. Switch sides after half of the time.
<b>RUNNERS CRUNCHES</b>		 This one is dynamic: Try making small movements back and forth while „running“ - it's getting the best out of your core.
<b>BICYCLE</b>		 Similar to the Runners Crunch, you do cycling movements with your legs. But don't let your feet touch the ground and do a twist of your upper body instead of moving back and forth.
<b>PLANK HIP TWISTS</b>		 
<b>DIAMOND CRUNCHES</b>		 Do a crunch where your arms are fully extended touching the floor above your head in the beginning and your feet when you come up. The less acceleration you use with your arms, the harder it gets.
<b>SUPER(WOMEN)</b>		You can choose to hold the position or to slowly lift up from lying on your stomach and holding it a few seconds before going down again. Don't raise up your head too much as it's not good for your neck.
<b>LEG RAISE</b>		 Be sure that you're not falling into a hollow back. Try not to touch the floor when lowering your legs.
<b>MOUNTAIN CLIMBERS</b>		 Starting from the pushup position, you tighten your stomach and bring your knee to your elbow, changing sides after each repetition.
<b>COBRA KNEE TUCKS</b>		 Don't overdo it with speed on this one - throughout the whole exercise, keep your back and abs under tension. Switch sides after half of the time.
<b>RUSSIAN TWISTS</b>		 Twist your upper body from one side to another while holding your legs up still. You can grab some extra weight if it's too easy.

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## Workout Plan

Side Plank Crunches Flutter Kicks	Pushup Arm Raise Runners Crunches Russian Twists	REST DAY	Side Plank Hips Raise Diamond Crunches Bicycle
08	09	10	11
Plank Hips Raise Russian Twists „No. 4“ Leg Raise	Contralat. Limbs Raise Back Rows Hips Lift Bridge	Diamond Crunches Reverse Pushup Plank Cobra Knee Tucks	Each exercise 20 sec. (light) or 40 sec. (medium) or 60 sec. (hard) and 3 sets (123-123-123)
12	13	14	

## The Exercises

SIDE PLANK		Pay attention that the weight on your arm is applied vertically and that you keep your back straight. Do not let your hips dip down.
CRUNCHES		 Do the moves slowly and try to hold your legs still. The movement needs to come from your abs - not your arms!
FLUTTER KICKS		 Do horizontal movements with your legs so that they cross each other. If you fall into a hollow back, try to place your hands below your butt or make a break.
PUSHUP ARM RAISE		 Start from a Pushup position and alternately lift one arm to rotate your whole body to the position shown on the picture. The exercise gets more intense if you lift your upper leg.
RUNNERS CRUNCHES		 This one is dynamic: Try making small movements back and forth while „running“ - it's getting the best out of your core.
RUSSIAN TWISTS		 Twist your upper body from one side to another while holding your legs up still. You can grab some extra weight if it's too easy.
SIDE PLANK HIPS RAISE		 It's all about the up and down movements with your hip. When coming up, pay attention your body is in a straight line and your core is tight. This is demanding, make breaks if needed.
DIAMOND CRUNCHES		 Do a crunch where your arms are fully extended touching the floor above your head in the beginning and your feet when you come up. The less acceleration you use with your arms, the harder it gets.
BICYCLE		 Similar to the Runners Crunch, you do cycling movements with your legs. But don't let your feet touch the ground and do a twist of your upper body instead of moving back and forth.
PLANK HIPS RAISE		 Start from a Plank position (keep your back straight) and lift up your hips while keeping your core tight.
„NO. 4“ LEG RAISE		 Perform like regular Leg Raises, just bend one leg. Change sides after half of the time. The deeper you let your legs down (not touching the floor!), the more intense it will be.
CONTRALATERAL LIMBS RAISE		 Alternately lift one arm and the opposite leg at the same time while also lifting your upper body a bit, looking downwards. Proper execution before speed.
BACK ROWS		 Your arms are outstretched and your upper body is a bit lifted, then you do rowing movements with your arms while lifting up more. If it hurts your back, don't lift it too much.
HIPS LIFT BRIDGE		 This exercise is static, you don't do movements. Lift your hips until they form a straight line with your shoulders and knees and hold it. Use your arms and hands as shown for balance.
REVERSE PUSHUP PLANK		 This exercise is static, you don't do movements. Try to keep the body tension while keeping your back straight.
COBRA KNEE TUCKS		 It is mainly for your arms, shoulders and back which are important antagonists for your core muscles.
		 Don't overdo it with speed on this one - throughout the whole exercise, keep your back and abs under tension. Switch sides after half of the time.

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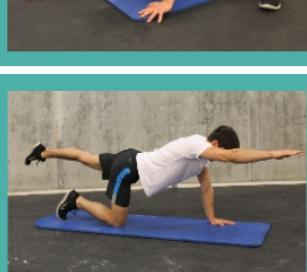
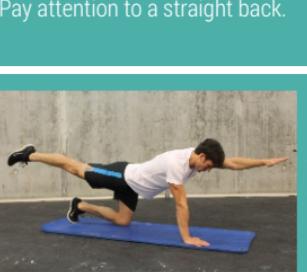
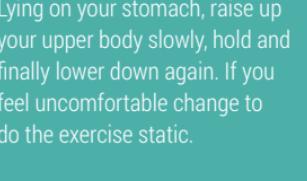
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Please always pay attention to your health; Reach out for the limit, but stop when it gets too hard. Participation at own risk.

## Workout Plan

Ballerina Dip Hips Raise Crunch Runners Crunches <b>15</b>	PAUSE <b>16</b>	Pushup Cross Hold Bicycle Catch Your Knees <b>17</b>	The Breakdancer Climber Hips Raise Side Plank Knee Tucks <b>18</b>
Crocodile Dog Bird Limbs Raise <b>19</b>	Starfish Crunches „No. 4“ Leg Raise Side Crunch <b>20</b>	Windmill Bring It Up Hips Raise Crunch <b>21</b>	Each exercise 20 sec. (light) or 40 sec. (medium) or 60 sec. (hard) and 3 sets (123-123-123)

## The Exercises

BALLERINA DIP			You start from a Side Plank position with outstretched arm and crossed feet. Perform a body twist by moving your upper arm down under your chest until it points to the other side.
HIPS RAISE CRUNCH			Start from a crunch position keeping your legs in a right angle and your arms next to your body. Lift your lower back and slowly push your legs straight up. Close arms ease up the exercise.
RUNNERS CRUNCHES			Just sit on your belly and do running movements with your legs as well as with your arms.
PUSHUP CROSS HOLD			Start from a Pushup position where your legs are crossed and hold this position for half of the time. Then change to the other side.
BICYCLE			Similar to the Runners Crunches you do cycling movements with your legs, but this time rotate your upper body from side to side.
CATCH OUR KNEES			Sit on the floor with outstretched arms and lift your outstretched legs. Then pull your legs to your chest and grab them with your hands. Pay attention that your back is straight!
THE BREAKDANCER			Hold yourself with one arm and leg diagonally. Place the other leg on top of the lower one and twist your upper body so that your upper elbow reaches the upper knee. Change sides at halftime.
CLIMBER HIPS RAISE			In addition to the normal Mountain Climber lift up your hips at the pushup position (or as shown here, the harder plank position).
SIDE PLANK KNEE TUCKS			Start from a Side Plank position and pull your upper leg towards you so that it meets with your elbow. Pay attention that your body is straight. Change sides after half of the time.
CROCODILE			Start from a Pushup position and alternately bring one arm and leg from opposite sides forward as if you crawl on the spot. Pay attention to a straight back.
DOG BIRD			Start on your knees and arms and diagonally lift one arm and leg so that they form a straight line with your body. Switch sides after half of the time.
LIMBS RAISE			Lying on your stomach, raise up your upper body slowly, hold and finally lower down again. If you feel uncomfortable change to do the exercise static.
STARFISH CRUNCHES			Lie on your back with slightly lifted and widespread arms and legs. Then use momentum to come up into a sitting position where you keep your arms and legs really tight to your body.
„NO. 4“ LEG RAISE			Lie on the floor and outstretch one leg. Place the other leg onto the first one and do up and down movements. If it is too difficult do normal Leg Raises with both legs outstretched instead.
SIDE CRUNCHES			This exercise is for quality: From a normal crunch lift up and rotate your upper body to one side.
WINDMILL			Move your straight legs alternately to the left and right and use your arms as stabilization. If too difficult, bend your legs.
BRING IT UP			Lie on your back with outstretched arms behind your head and slightly lifted legs. Use momentum and come to a sitting position. If it is too difficult, try the same with legs on the ground.

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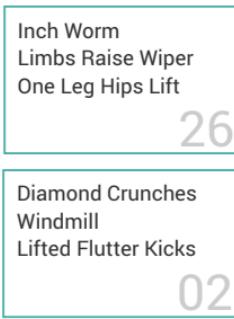
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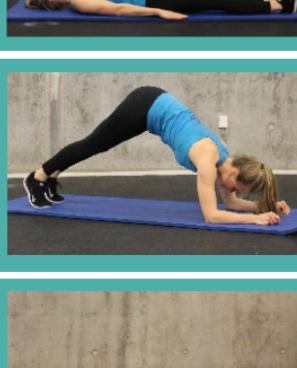
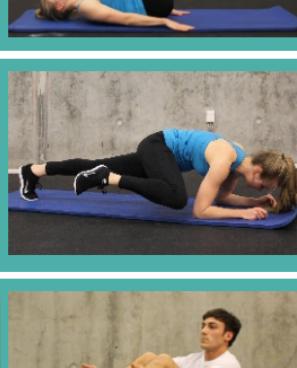
# 2015 Summer Body: 30 Days Abs Challenge

Week 4 (22.02.- 02.03.)

## Workout Plan

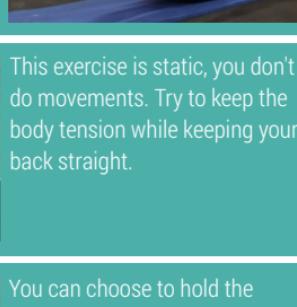
REST DAY  22	Plank Climber Diamond Crunches Bicycle 23	Crocodile Side Plank Hips Raise Leg Raise 24	Climbers Hips Raise V Tuck Russian Twists 25
Inch Worm Limbs Raise Wiper One Leg Hips Lift 26	Sideplank Starfish Hips Raise Crunch "No. 4" Leg Raise 27	Ballerina Dip Cobra Knee Tucks Runners Crunch 28	V Crunch Reverse Pushup Plank Super(wo)man 01
Diamond Crunches Windmill Lifted Flutter Kicks 02	Each exercise 20 sec. (light) or 40 sec. (medium) or 60 sec. (hard) and 3 sets (123-123-123)	The next challenge is already waiting: Get fit(ter) together with your friends with the 2015 Summer Body: Back & Leg Challenge! (Visit <a href="http://facebook.com/sidefits">facebook.com/sidefits</a> for more info.)	

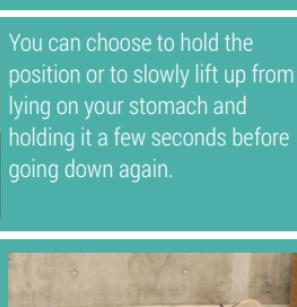
## The Exercises

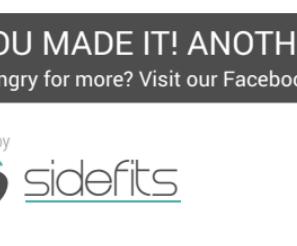
PLANK CLIMBER			Starting from a plank position, you move your knees to your elbows as if you sprinted on the spot. Pay attention to a straight back. If too hard, hold the plank position.
DIAMOND CRUNCHES			Starting on your back with your hands above your head, lift fully up and touch your feet (your legs in a diamond position). The less momentum you use to come up, the harder it gets.
BICYCLE			Similar to the Runners Crunches you do cycling movements with your legs, but this time rotate your upper body from side to side.
CROCODILE		Start from a Pushup position and alternately bring one arm and leg from opposite sides forward as if you crawl on the spot. Pay attention to a straight back.	

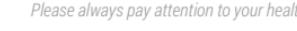
SIDE PLANK HIP RAISE			Start from a side plank position and do up and down movements with your hip. When coming up, pay attention that your body is in a straight line and your core is tight. Make breaks if needed.
LEG RAISE			Be sure that you're not falling into a hollow back (put your hands under your belly, if you feel like losing control). Try not to touch the floor when lowering your legs.

CLIMBERS HIP RAISE			In addition to the normal Plank Climber lift up your hips at the plank position.
V TUCK			You start with outstretched arms and legs while lying on your back. Use the momentum of your arms to lift your body up while pulling your knees to your chest at the same time.

RUSSIAN TWISTS			Sit on your butt and rotate your upper body from side to side. You can grab extra weight if it's too easy.
INCH WORM			Try to get your hands as close to your feet as possible. Then move them forward in small steps until you reach a position of full body tension. Hold for a second and slowly move back.

LIMBS RAISE WIPER			Start from a downward facing position, with your arms bent. Then lift up your upper body (not too much!) and alternately move it to the sides. If too hard, do the Super(wo)man.
ONE LEG HIPS LIFT			Lie on your back with bent legs, then push yourself up with one leg while the other one is in a straight line with your upper body. Let your hip dip down and move it up again. If too hard, perform a bridge.

SIDEPLANK STARFISH		Start from a pushup position and rotate your body to one side while spreading the upper leg and arm. Hold this position for a while and return to the starting position. Change sides at halftime.
HIPS RAISE CRUNCH		Start from a crunch position keeping your legs in a right angle and your arms next to your body. Lift your lower back and slowly push your legs straight up. Close arms ease up the exercise.

NO. 4" LEG RAISE		Lie on the floor and outstretch one leg. Place the other leg onto the first one and do up and down movements. If it is too difficult do normal Leg Raises with both legs outstretched instead.
BALLERINA DIP		You start from a Side Plank position with outstretched arm and crossed feet. Perform a body twist by moving your upper arm down under your chest until it points to the other side.

COBRA KNEE TUCKS		Perform this exercise slowly and keep your back and stomach under tension the whole time. Change the sides after half of the time.
RUNNERS CRUNCH		Just sit on your butt and do running movements with your legs as well as with your arms.

V CRUNCH		Similar to the V tuck, you bring your arms and legs together, but this time, keep your legs straight. If too hard, lift up a little less and hold the lifted position instead.
REVERSE PUSHUP PLANK		This exercise is static, you don't do movements. Try to keep the body tension while keeping your back straight.

REVERSE PUSHUP PLANK		It is mainly for your arms, shoulders and back which are important antagonists for your core muscles.
SUPER(WOMAN)		Don't raise up your head too much as it's not good for your neck.

WINDMILL		Move your straight legs alternately to the left and right and use your arms as stabilization. If too difficult, bend your legs.
LIFTED FLUTTER KICKS		Lift your upper body and your legs and do sideward movements so that your legs cross each other. If too hard, do the movement with your back on the floor.

**YOU MADE IT! ANOTHER REASON TO BE PROUD OF YOURSELF!**  
Hungry for more? Visit our Facebook page and participate in the Back & Leg Challenge!

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