total abs

FREE 30-DAY PROGRAM

© darebee.com

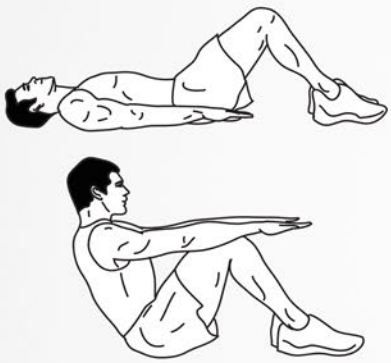
total abs

© darebee.com

Day 1 | Circuit

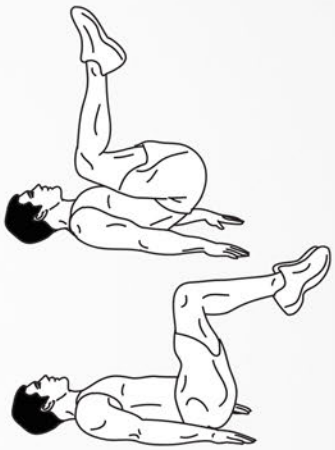
Level I	3 sets	6 reps
Level II	5 sets	8 reps
Level III	7 sets	10 reps

2 minutes rest between sets

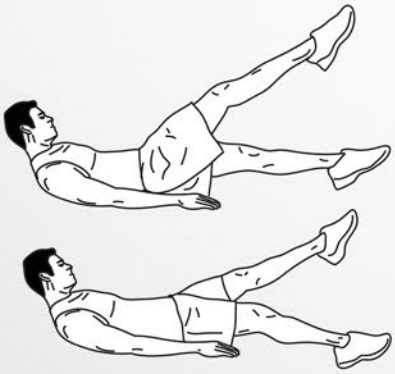


sit-ups

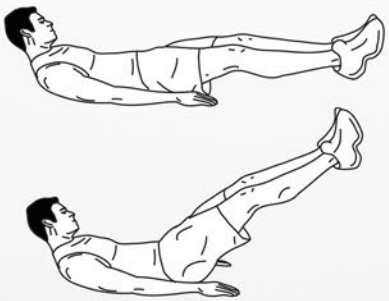
sitting twists



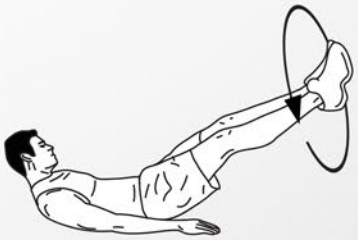
reverse crunches



flutter kicks



leg raises



raised leg circles

total abs

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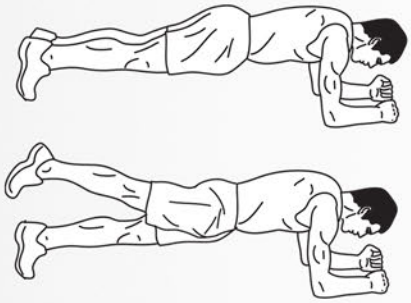
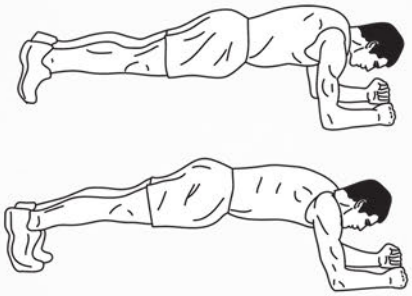
Day 2 | Action Planks

Level I	3 sets	6 reps
Level II	5 sets	8 reps
Level III	7 sets	10 reps

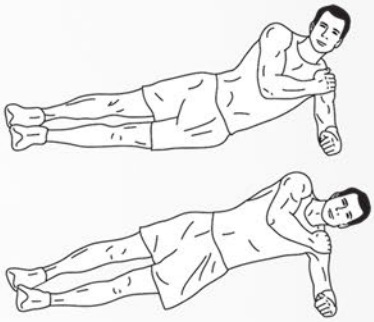
2 minutes rest between sets



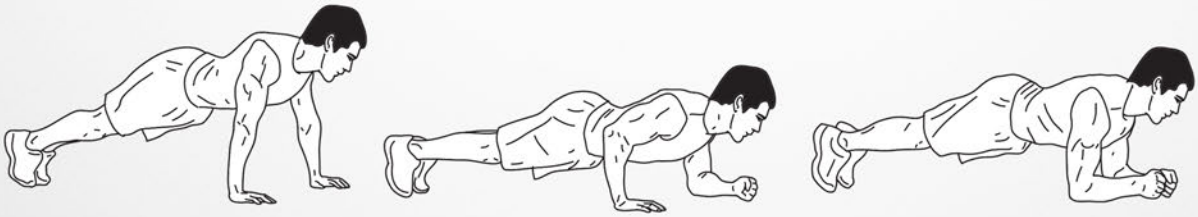
plank leg raises



body saw



side planks



up and down planks

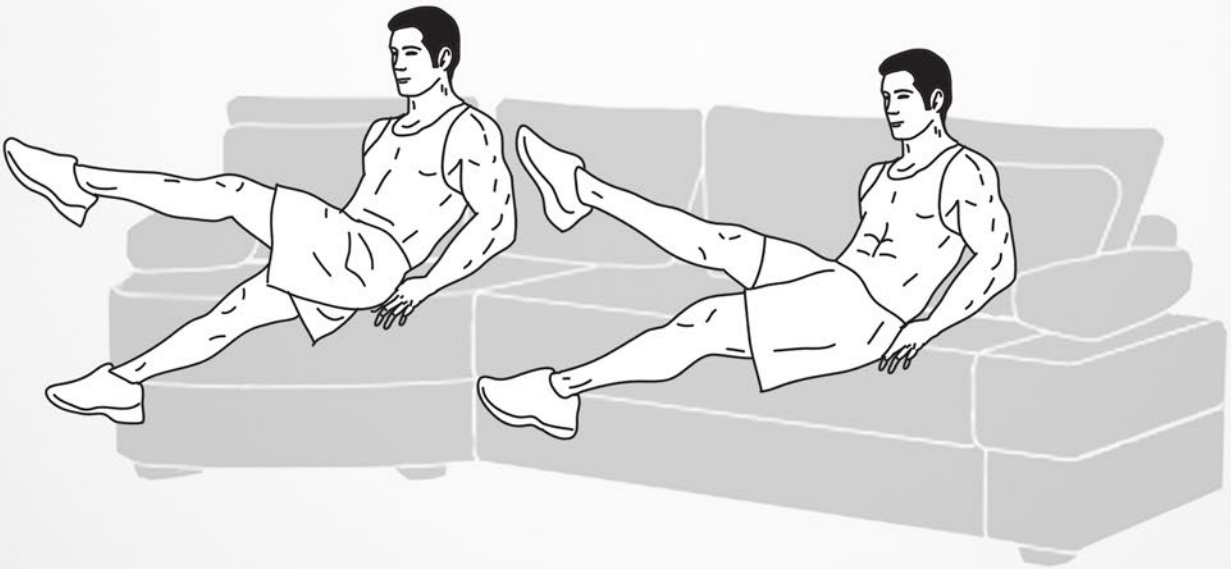
total abs

© darebee.com

Day 3 | Flutter Kicks

Level I 80 reps
Level II 100 reps
Level III 120 reps

complete throughout the day



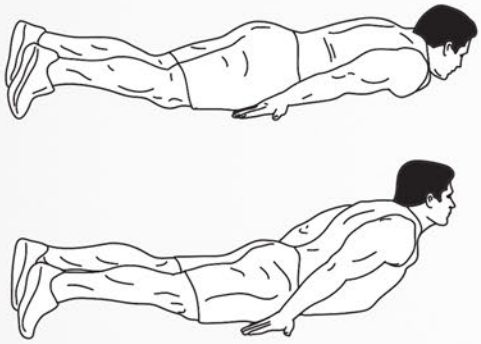
total abs

© darebee.com

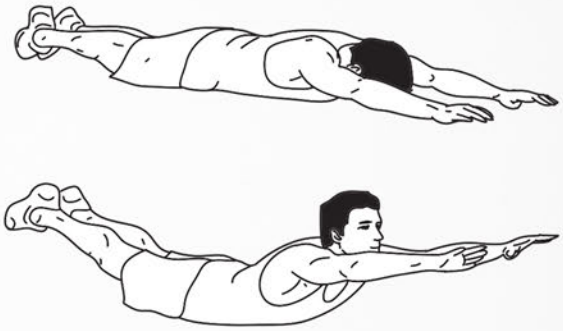
Day 4 | Lower Back

Level I 8 reps
Level II 10 reps
Level III 12 reps

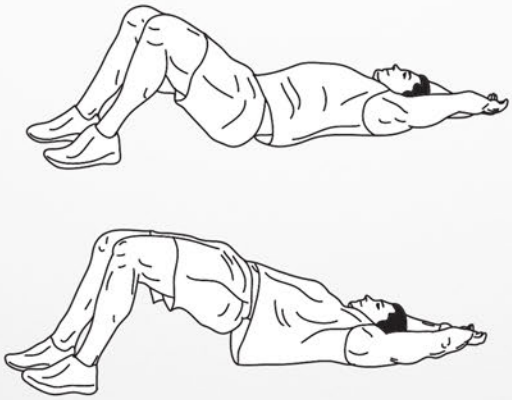
3 sets - all levels
60 seconds rest between sets



lower back curls



superman stretch



bridges

total abs

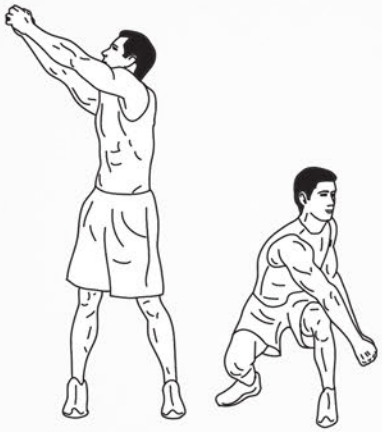
© darebee.com

Day 5 | Stand & Deliver

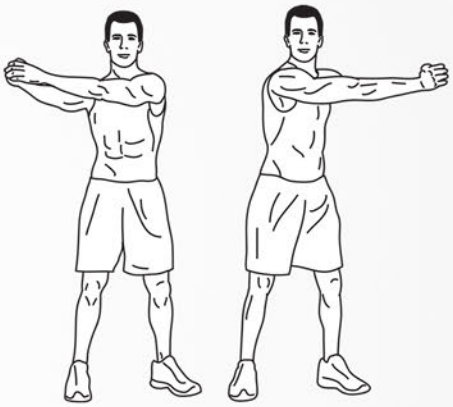
Level I	3 sets	20 reps
Level II	5 sets	22 reps
Level III	7 sets	24 reps

2 minutes rest between sets

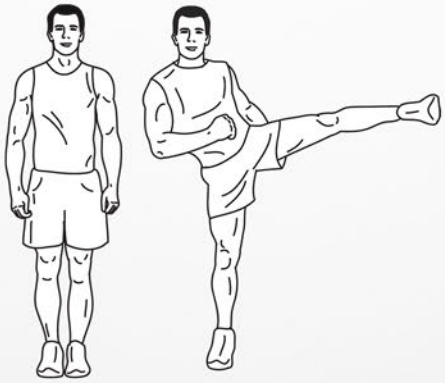
knee-to-elbow march



cross chops



side-to-side chops



side leg raises

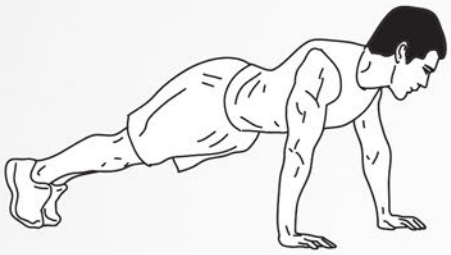
total abs

© darebee.com

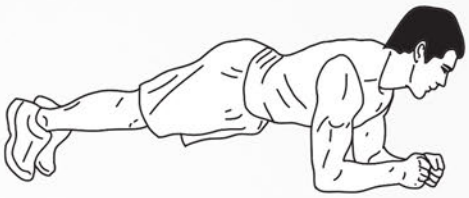
Day 6 | Power Plank

Level I 10 seconds each
Level II 20 seconds each
Level III 30 seconds each

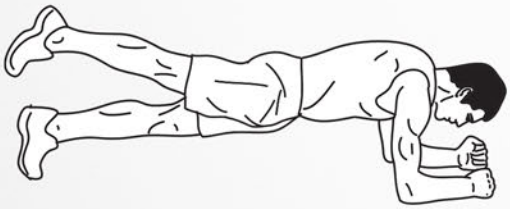
complete once



1. full plank

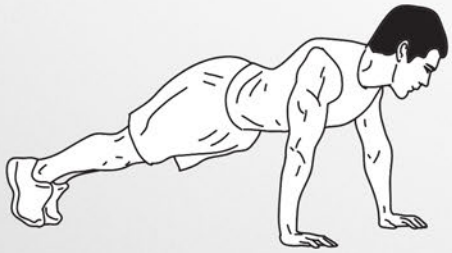


2. elbow plank



3. raised leg plank
half time - each leg

4. side plank
half time - each side



5. full plank

6. elbow plank

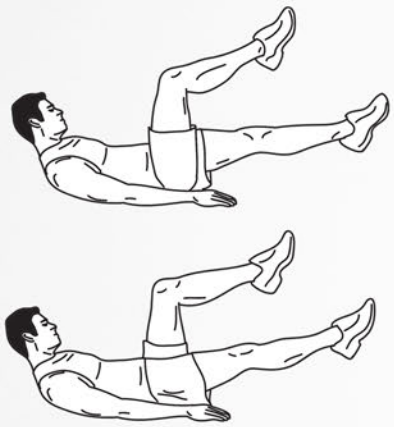
total abs

© darebee.com

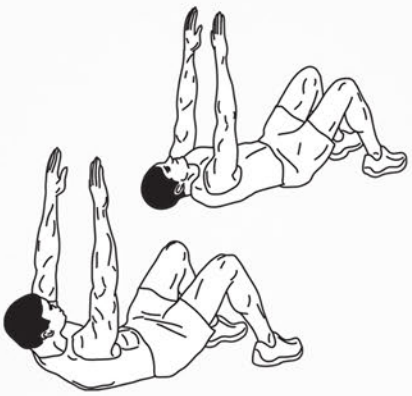
Day 7 | Rocky Abs

Level I	3 sets	10 reps
Level II	5 sets	12 reps
Level III	7 sets	14 reps

2 minutes rest between sets

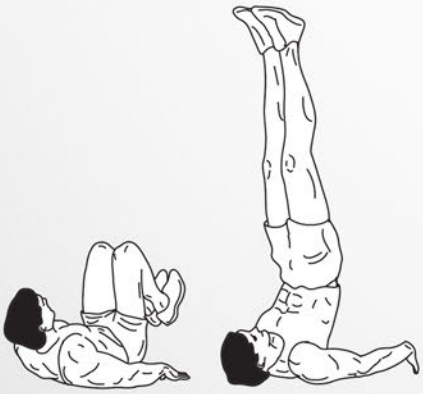


air bike crunches

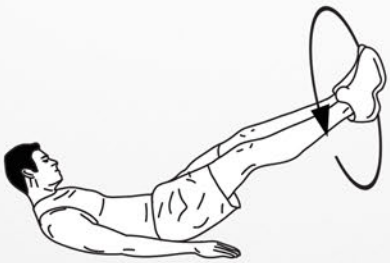


high crunches

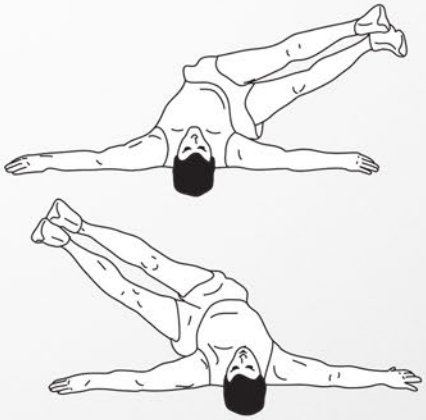
sitting twists



butt-ups



raised leg circles



windshield wipers

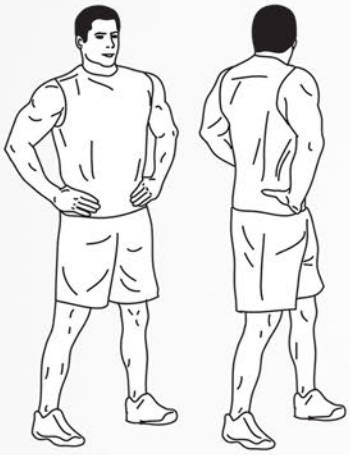
total abs

© darebee.com

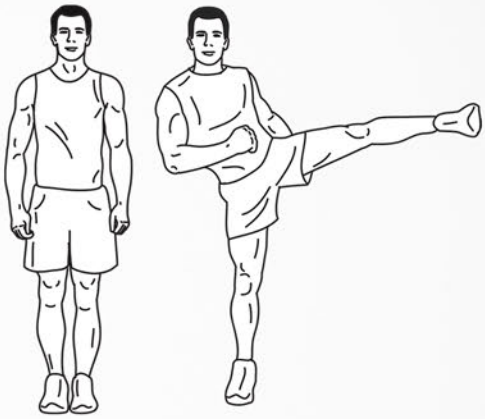
Day 8 | Lower Back

Level I 10 reps
Level II 12 reps
Level III 14 reps

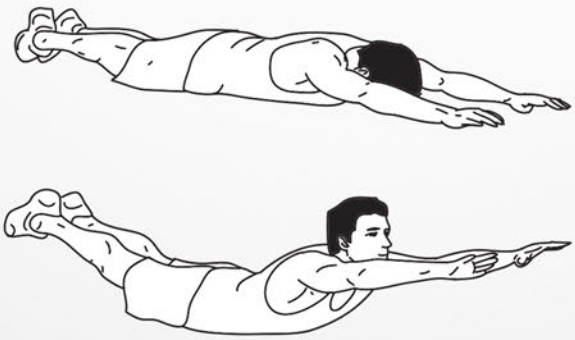
3 sets - all levels
60 seconds rest between sets



lower back rotations



side leg raises



superman

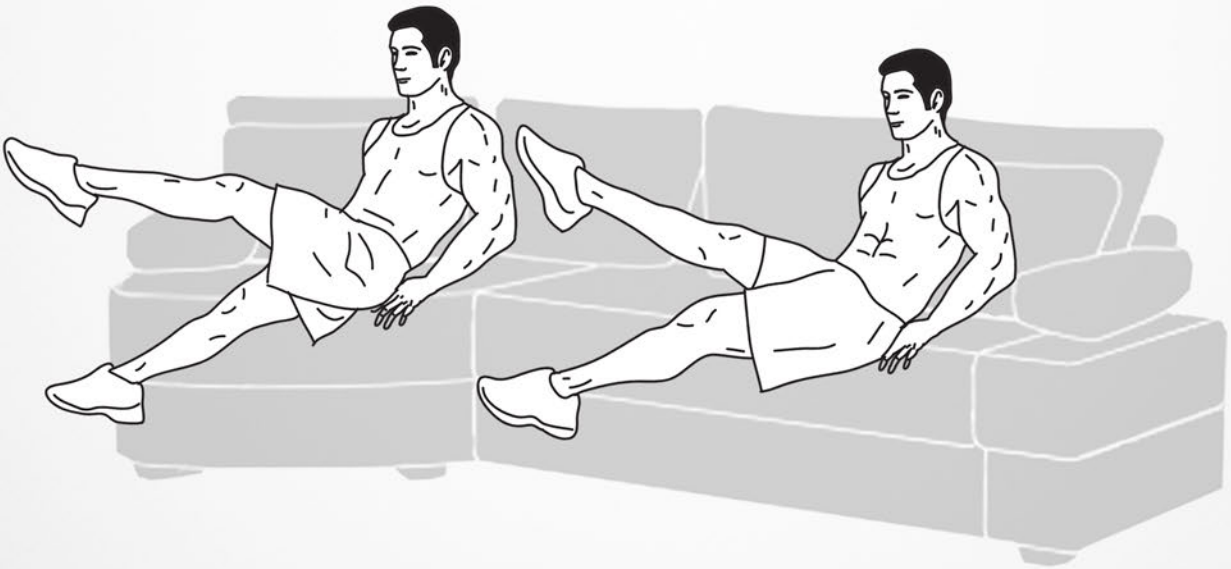
total abs

© darebee.com

Day 9 | Flutter Kicks

Level I 140 reps
Level II 200 reps
Level III 260 reps

complete throughout the day



total abs

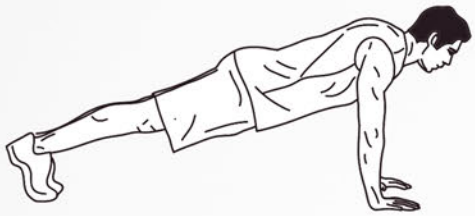
© darebee.com

Day 10 | Supernova

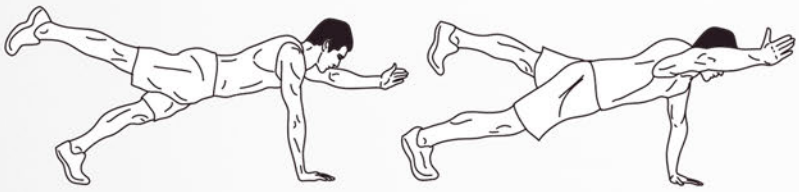
Level I 3 sets
Level II 4 sets
Level III 5 sets

2 minutes rest between sets

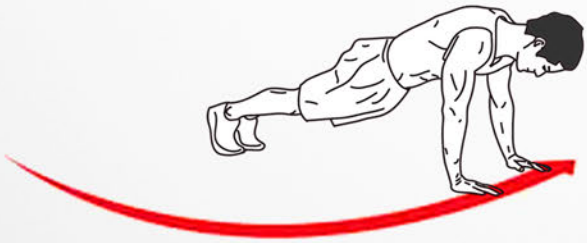
Move from one exercise
to the next without breaks



MOVE 1
20 second plank



MOVE 2
10 alt arm/leg planks



MOVE 3
2 moving plank 90 º

MOVE 4
10 toe tap climbers

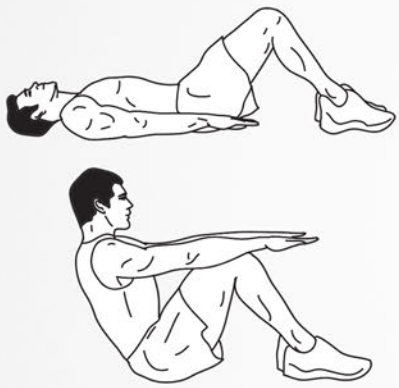
total abs

© darebee.com

Day 11 | Circuit

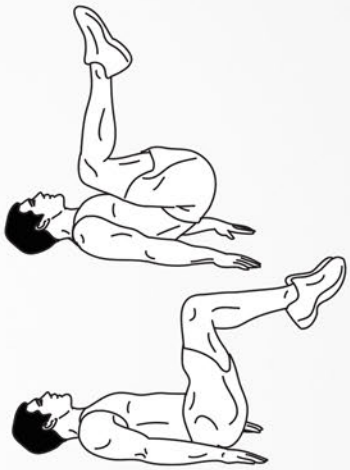
Level I	3 sets	10 reps
Level II	5 sets	12 reps
Level III	7 sets	14 reps

2 minutes rest between sets

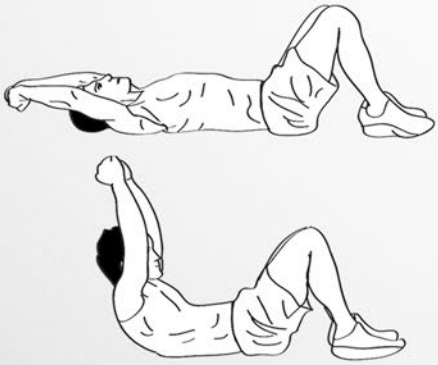


sit-ups

sitting twists



reverse crunches



long arm crunches

knee-to-elbow crunches

heel taps

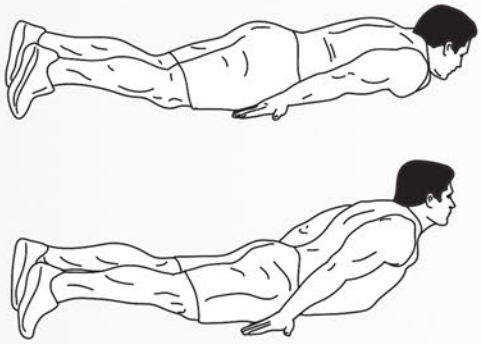
total abs

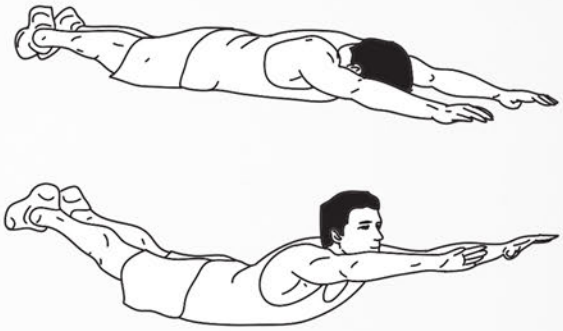
© darebee.com

Day 12 | Lower Back

Level I 10 reps
Level II 12 reps
Level III 14 reps

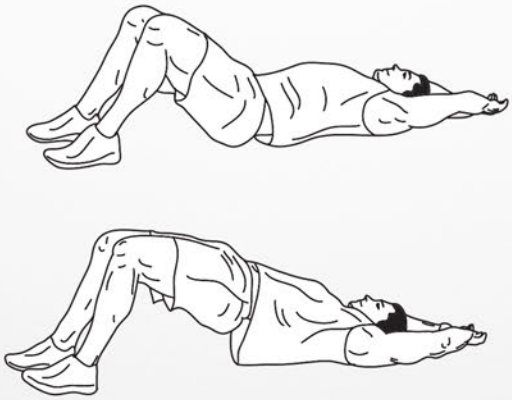
3 sets - all levels
60 seconds rest between sets





lower back curls

superman stretch



bridges

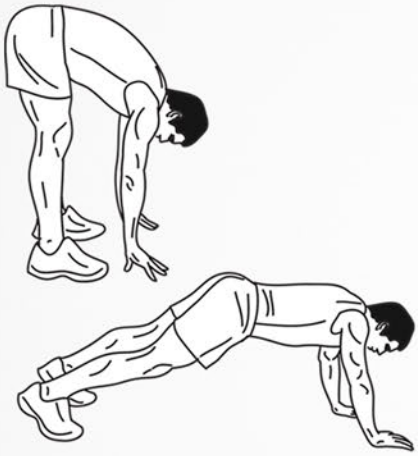
total abs

© darebee.com

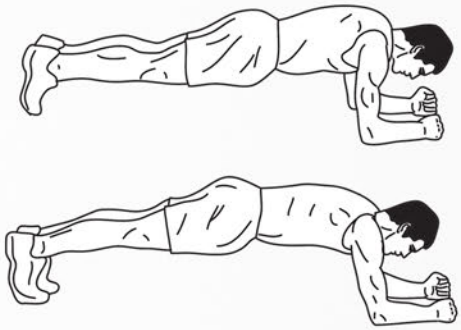
Day 13 | Dynamic Planks

Level I	3 sets	6 reps
Level II	5 sets	8 reps
Level III	7 sets	10 reps

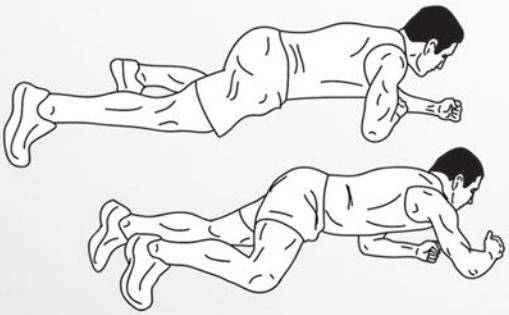
2 minutes rest between sets



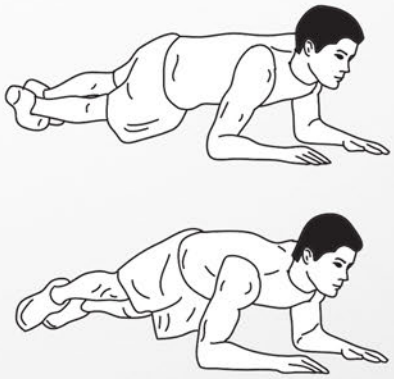
plank walk-outs



body saw



plank (army) crawl



plank rolls

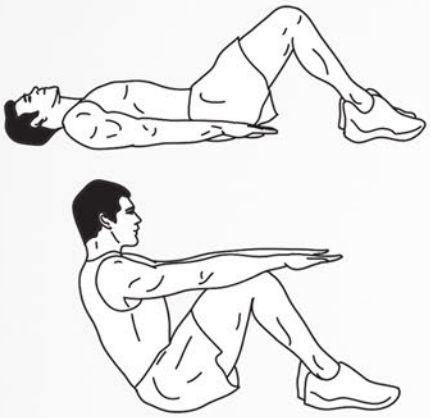
total abs

© darebee.com

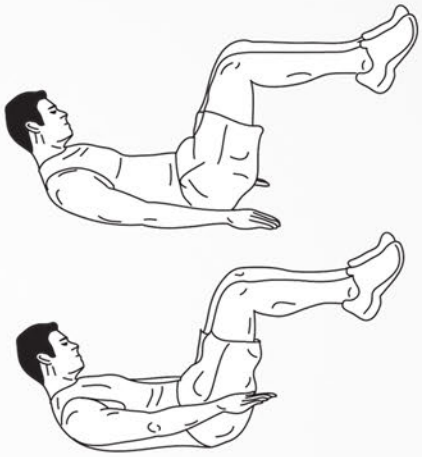
Day 14 | Reach for it

Level I	3 sets	10 reps
Level II	5 sets	12 reps
Level III	7 sets	14 reps

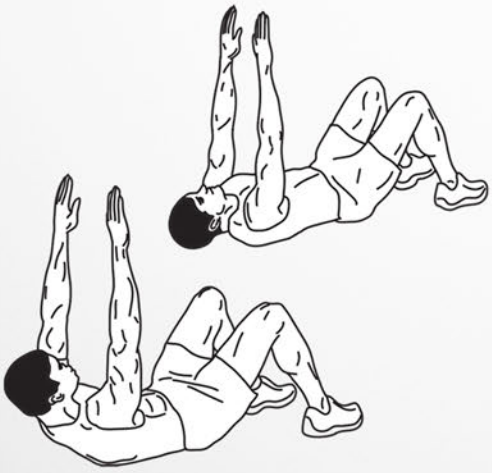
2 minutes rest between sets



sit-ups with forward reach



hundreds



high crunches

heel taps

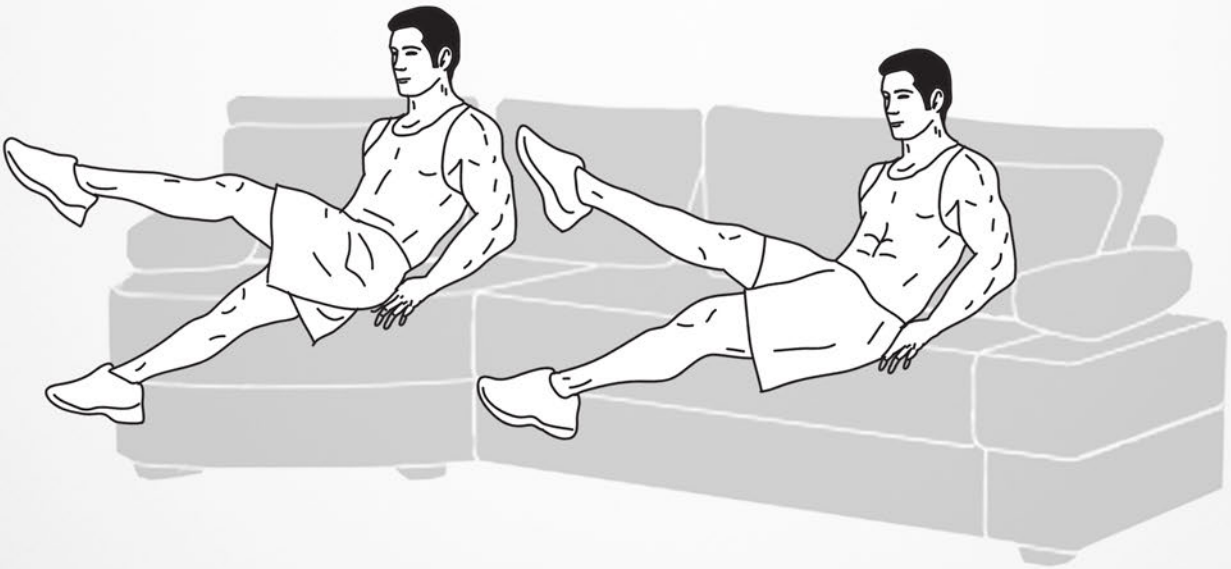
total abs

© darebee.com

Day 15 | Flutter Kicks

Level I 240 reps
Level II 300 reps
Level III 420 reps

complete throughout the day



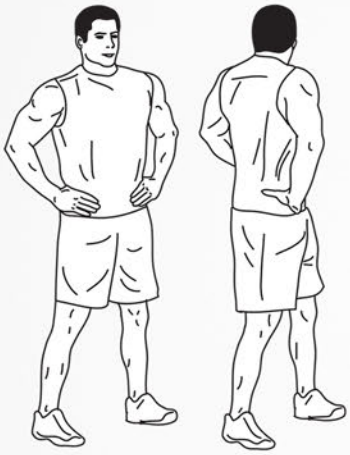
total abs

© darebee.com

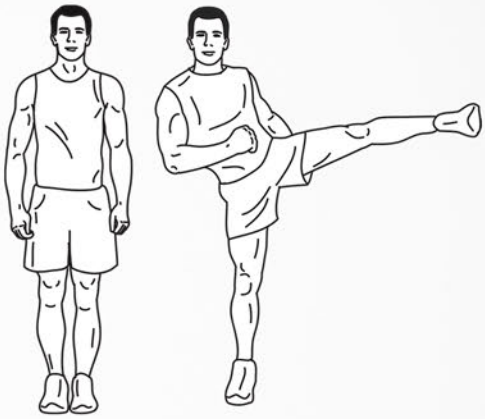
Day 16 | Lower Back

Level I 14 reps
Level II 16 reps
Level III 18 reps

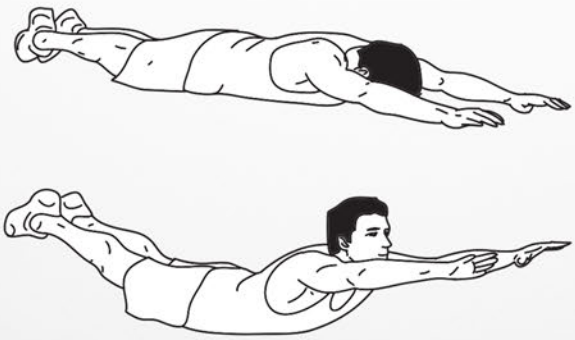
3 sets - all levels
60 seconds rest between sets



lower back rotations



side leg raises



superman

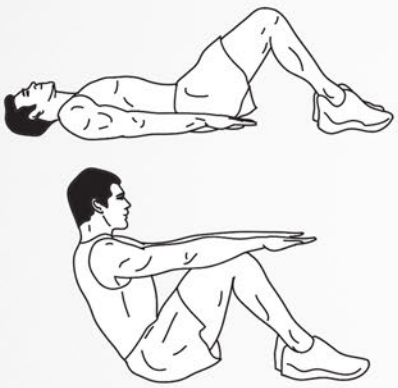
total abs

© darebee.com

Day 17 | Circuit

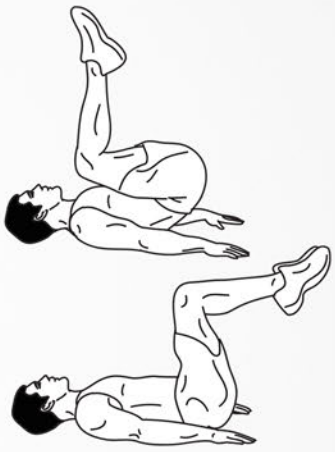
Level I	3 sets	12 reps
Level II	5 sets	14 reps
Level III	7 sets	16 reps

2 minutes rest between sets

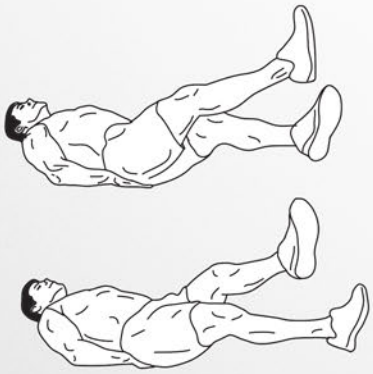


sit-ups

knee-to-elbow crunches

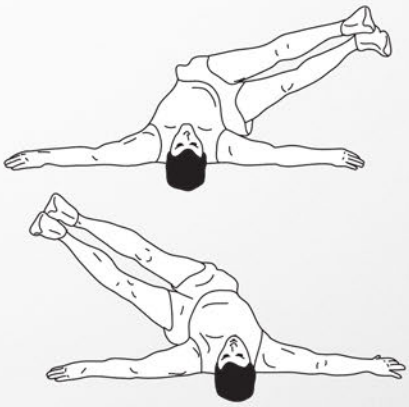


reverse crunches



scissors

side jack knives



windshield wipers

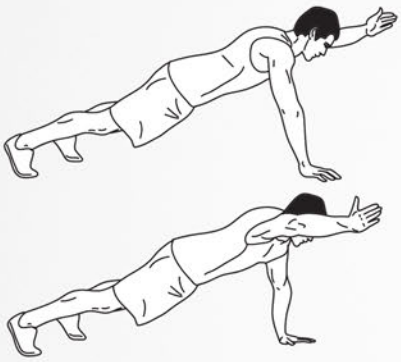
total abs

© darebee.com

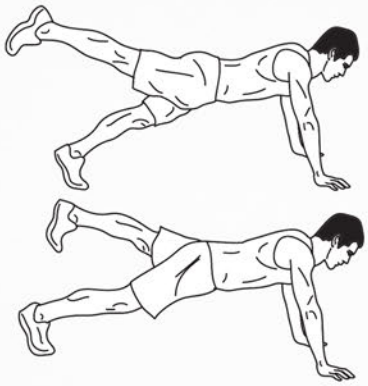
Day 18 | Action Planks

Level I	3 sets	14 reps
Level II	5 sets	16 reps
Level III	7 sets	18 reps

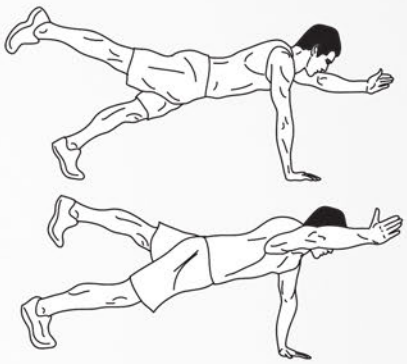
2 minutes rest between sets



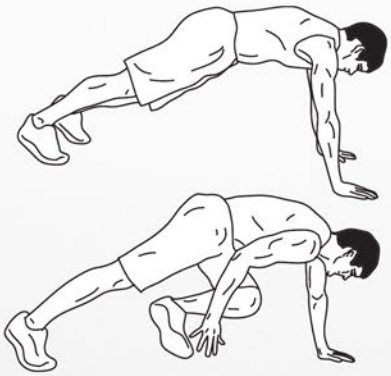
plank arm raises



plank leg raises



plank alt arm / leg raises



climber taps

total abs

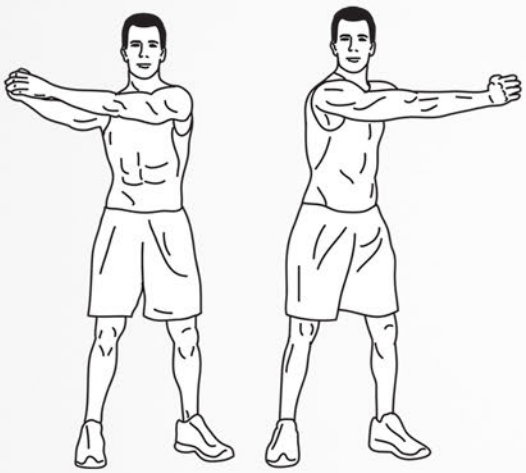
© darebee.com

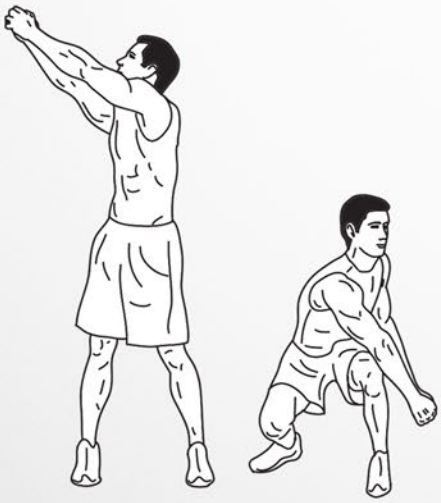
Day 19 | Chopper

Level I 3 sets
Level II 5 sets
Level III 7 sets

2 minutes rest between sets

Move from one exercise
to the next without breaks





10 side-to-side chops

10 cross chops

20 side-to-side chops

20 cross chops

10 side-to-side chops

10 cross chops

20 side-to-side chops

20 cross chops

Make it harder hold a light dumbbell as you swing

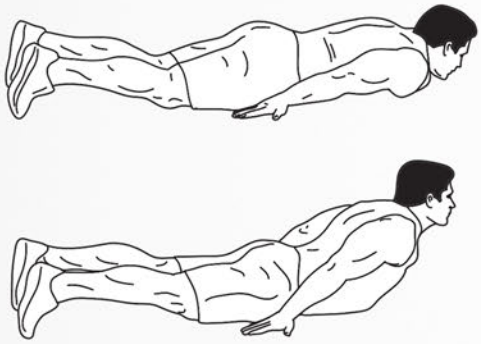
total abs

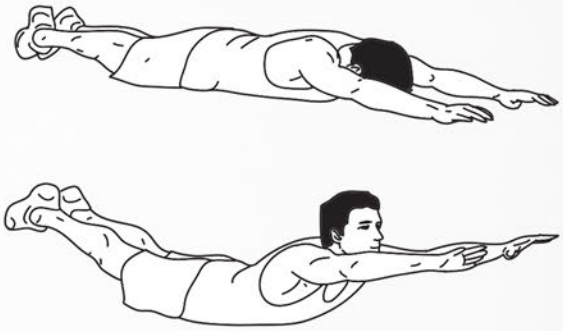
© darebee.com

Day 20 | Lower Back

Level I 18 reps
Level II 20 reps
Level III 22 reps

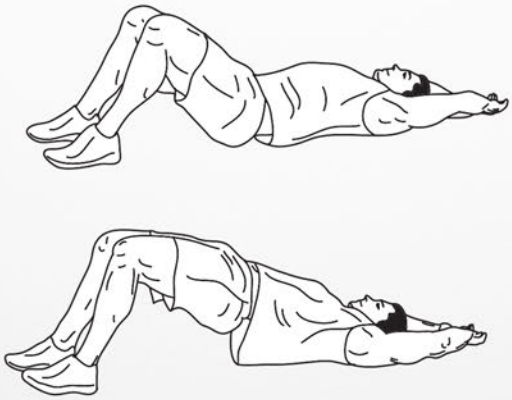
3 sets - all levels
60 seconds rest between sets





lower back curls

superman stretch



bridges

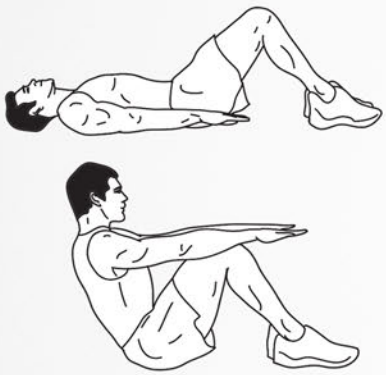
total abs

© darebee.com

Day 21 | Circuit

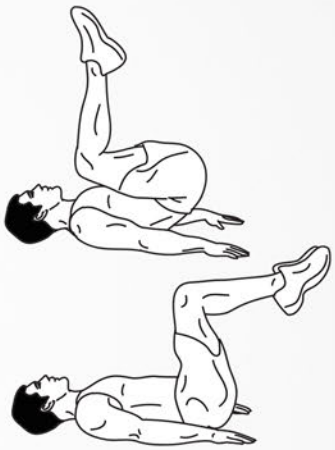
Level I	3 sets	14 reps
Level II	5 sets	16 reps
Level III	7 sets	18 reps

2 minutes rest between sets

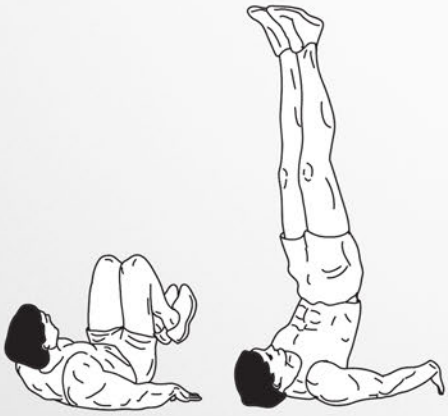


sit-ups

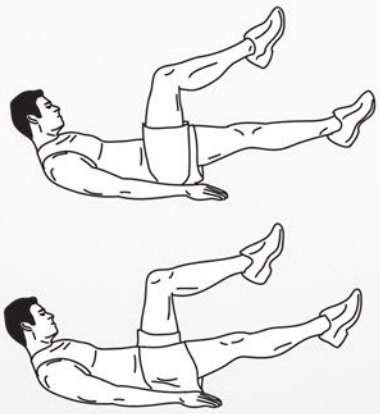
sitting twists



reverse crunches



butt ups



air bike crunches

heel taps

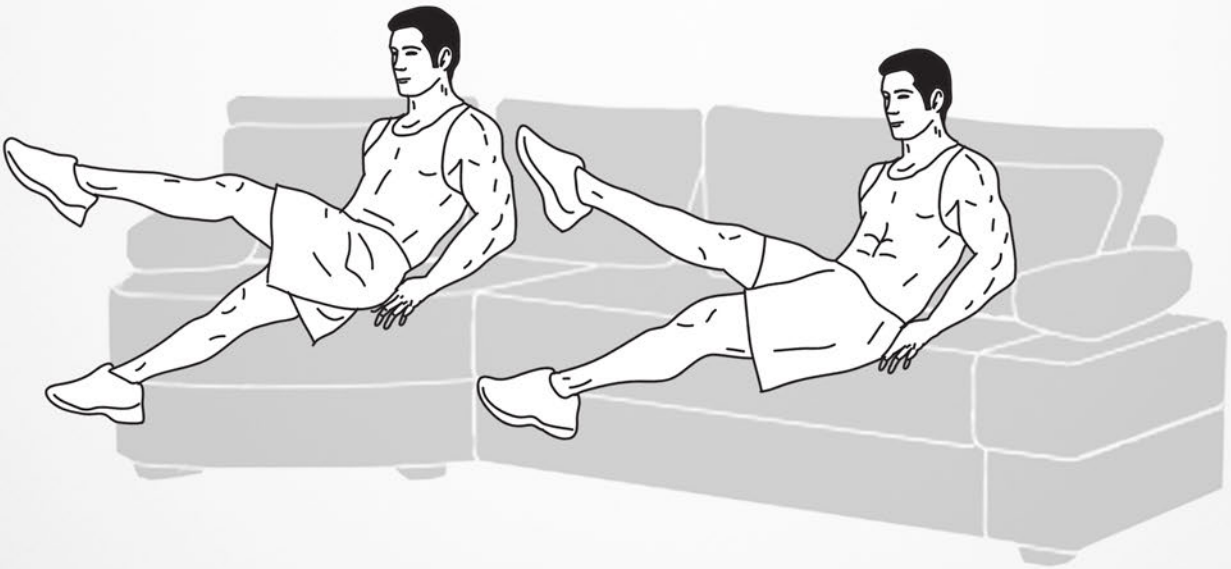
total abs

© darebee.com

Day 22 | Flutter Kicks

Level I 320 reps
Level II 440 reps
Level III 520 reps

complete throughout the day



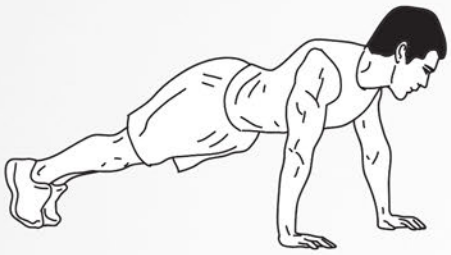
total abs

© darebee.com

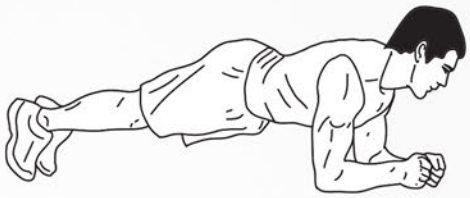
Day 23 | Power Plank

Level I 20 seconds each
Level II 30 seconds each
Level III 40 seconds each

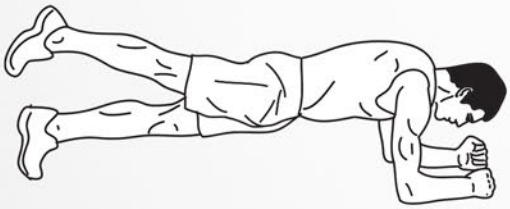
complete once



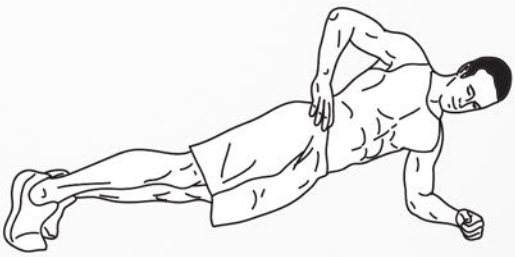
1. full plank



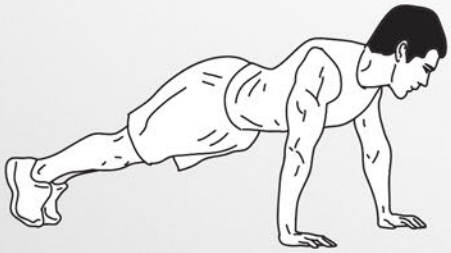
2. elbow plank



3. raised leg plank
half time - each leg



4. side plank
half time - each side



5. full plank

6. elbow plank

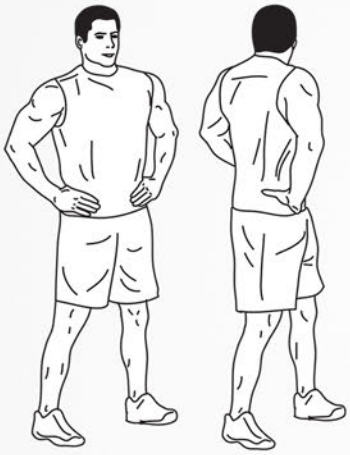
total abs

© darebee.com

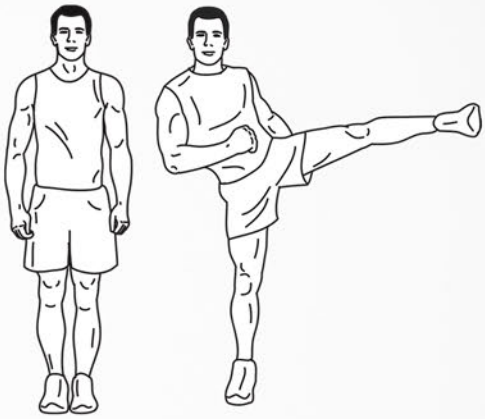
Day 24 | Lower Back

Level I 20 reps
Level II 22 reps
Level III 24 reps

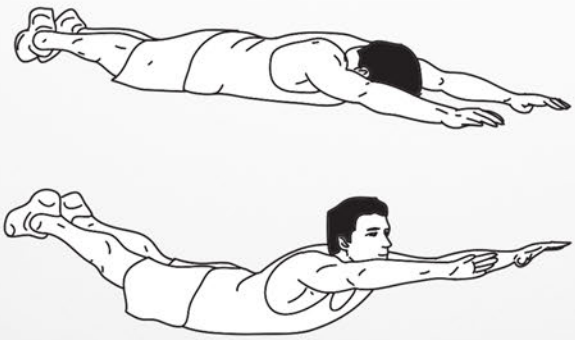
3 sets - all levels
60 seconds rest between sets



lower back rotations



side leg raises



superman

total abs

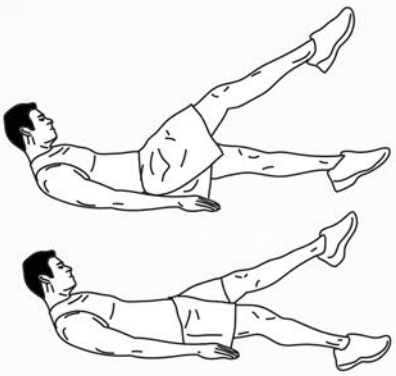
© darebee.com

Day 25 | 2 Minute Abs

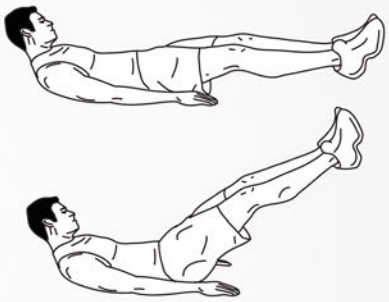
20 seconds each

Repeat the routine twice
in the morning & in the evening

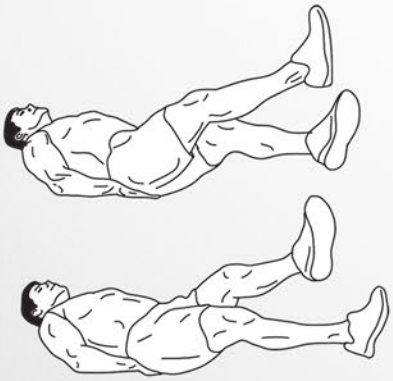
knee-to-elbow crunches



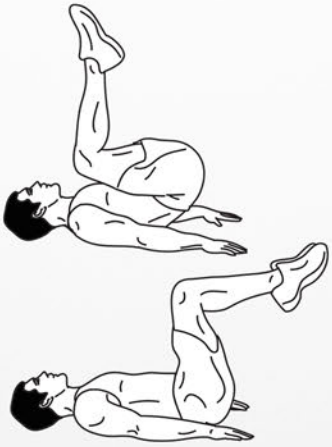
flutter kicks



leg raises



scissors



reverse crunches

sitting twists

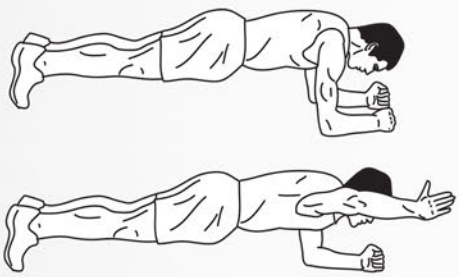
total abs

© darebee.com

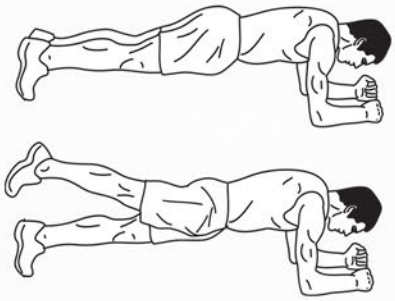
Day 26 | Action Planks

Level I	3 sets	16 reps
Level II	5 sets	18 reps
Level III	7 sets	20 reps

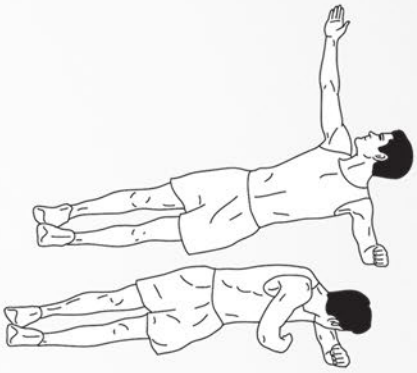
2 minutes rest between sets



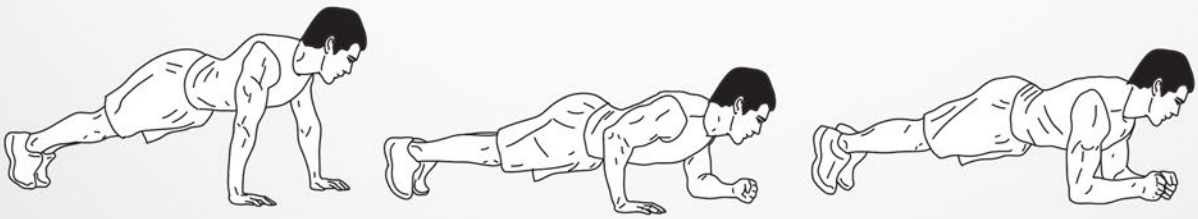
plank arm raises



plank leg raises



side plank rotations



up and down planks

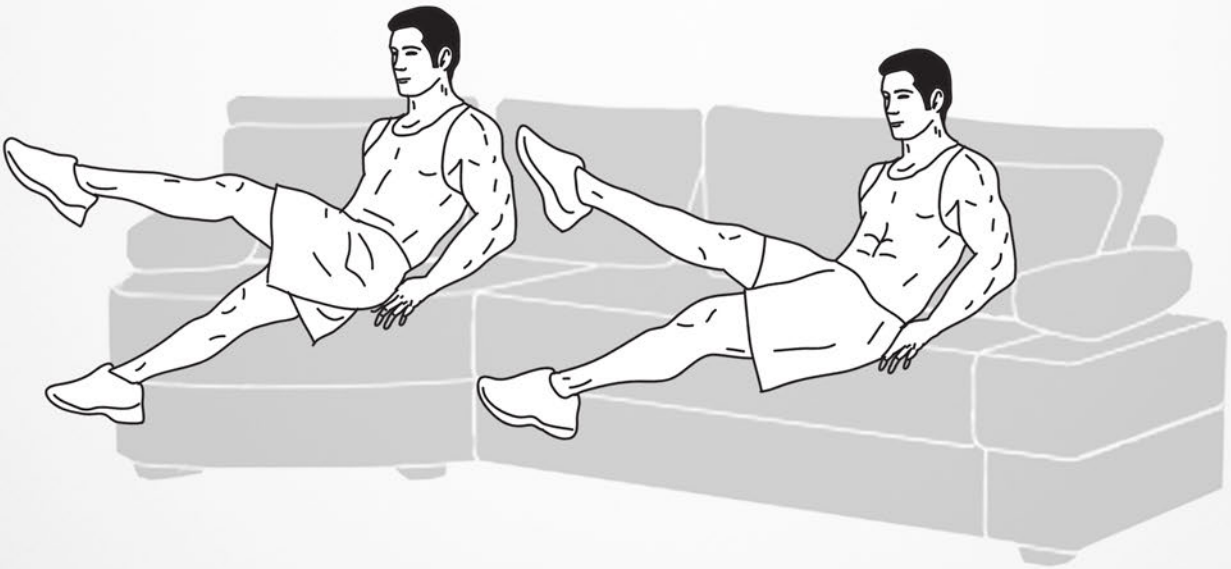
total abs

© darebee.com

Day 27 | Flutter Kicks

Level I 400 reps
Level II 500 reps
Level III 600 reps

complete throughout the day



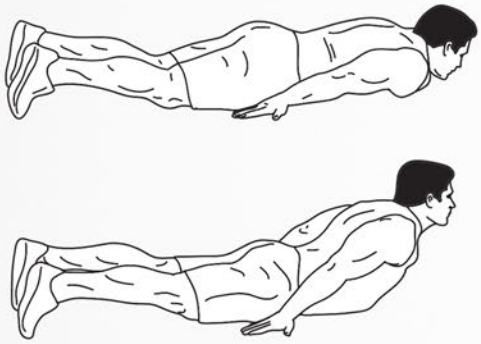
total abs

© darebee.com

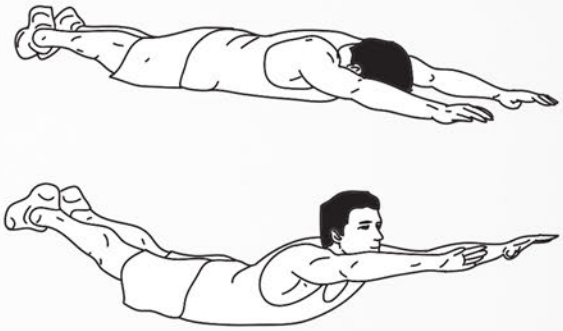
Day 28 | Lower Back

Level I 20 reps
Level II 22 reps
Level III 24 reps

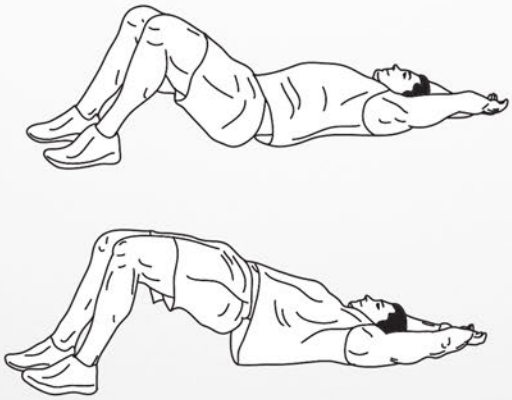
3 sets - all levels
60 seconds rest between sets



lower back curls



superman stretch



bridges

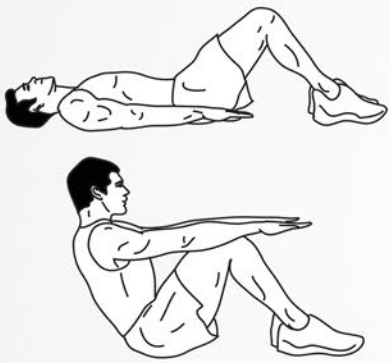
total abs

© darebee.com

Day 29 | Circuit

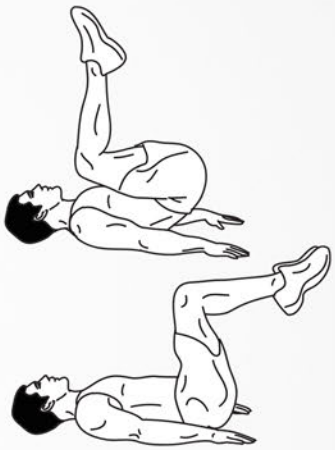
Level I	3 sets	20 reps
Level II	5 sets	22 reps
Level III	7 sets	24 reps

2 minutes rest between sets

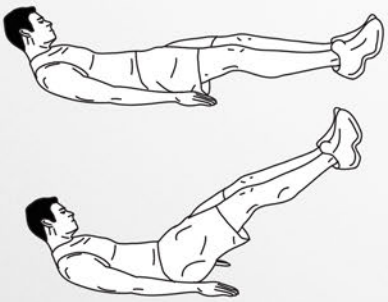


sit-ups

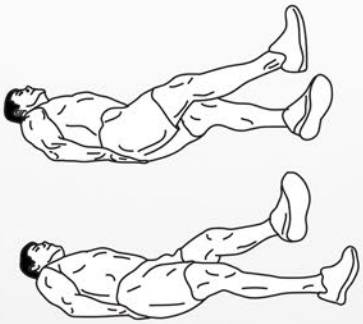
sitting twists



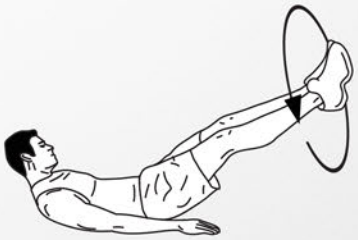
reverse crunches



leg raises



scissors



raised leg circles

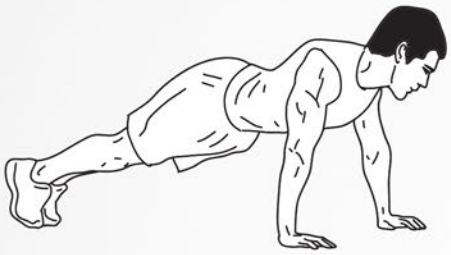
total abs

© darebee.com

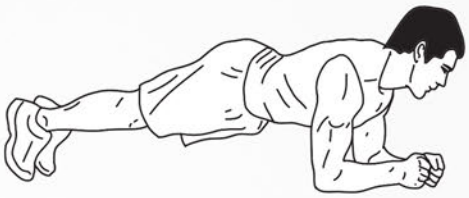
Day 30 | Power Plank

Level I 30 seconds each
Level II 40 seconds each
Level III 60 seconds each

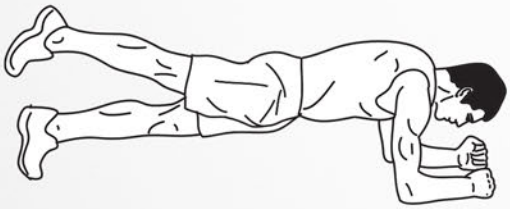
complete once



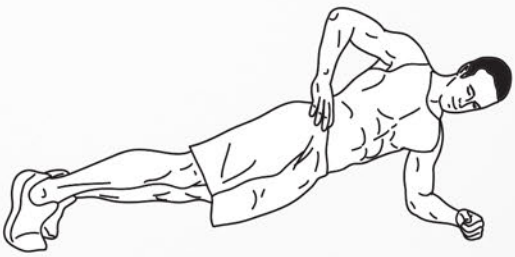
1. full plank



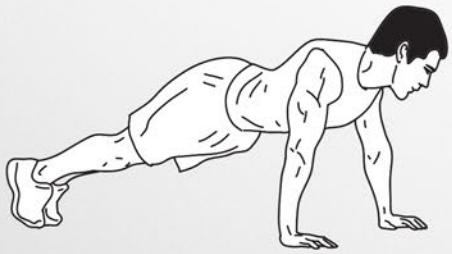
2. elbow plank



3. raised leg plank
half time - each leg



4. side plank
half time - each side



5. full plank

6. elbow plank

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