

The 30 Day



ABS
CHALLENGE

The 30 Day Abs Challenge

A Workout Program Focusing on Ab and Core Exercises



Workout Series & The Workout Nation

Housekeeping

Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician

throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Fitness VIP Studios, LLC, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Fitness VIP Studios, LLC, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the

program.

In the end, you know your body best. Use your best judgement and let's kick some serious butt in the challenge.

3 Reasons To Like THE
WORKOUT NATION'S
Facebook Fan Page.

The Workout Nation's Videos



1. **VIDEO:** It's hard to see all the elements of each exercise through a couple of photos; examples being timed breathing, execution, and tempo. So to help coach you the best I can, i've uploaded every exercise in high quality video on The Workout Nation's Facebook page.

2. COACH: At some point during your 30 Day Abs Challenge, you may have come across a question or 2. The easiest way for me to assist you on those is to meet me there.

3. COMMUNITY: Don't go through this alone! We all have a moment of weakness where it's sometimes easier to give up than to push through. We have an amazing community that can help you get through those "off days" when you need it the most.

Visit the Facebook Fan Page:
<http://www.facebook.com/TheWorkou>
Who is Arnel Ricafranca?



Qualifications

Owner / Founder of Crossfit Randolph
& Fit Boot Camp

CrossFit Level 1 (CF-L1) Trainer

CrossFit Olympic Weightlifting Coach

CrossFit Gymnastics Coach

CrossFit Judge

CrossFit Kids

FMS Certified

Certified USA Olympic Weightlifting
Coach (USAW-L1SP)

Certified Underground Strength
Training Coach

Certified American Strength Training
Institute

Certified NESTA Fitness Nutrition
Coach

Arnel Ricafranca has been a coach for the past 10 years. He has helped hundreds of people from all walks of life. His work has been featured in Morris Health and Life (April issue), New Jersey Life (Sept issue), A.M. Connection (national TV show), The Best of Morris Magazine (Spring issue) New Jersey 101.5 radio, and more.

Arnel's workouts are enjoyed by half a million readers in over 170 countries. In addition, Arnel was awarded by the "President's Council on Physical Fitness and Sports" for helping America get fit and healthy.

He is constantly researching new and innovative training strategies from

reading over 500 research papers, training thousands of in-person clients, and working with even more clients online.

He has a degree in Exercise Science with multiple personal training and nutrition certifications to boot. His goal is to provide you with the most effective workouts to accelerate fat loss through real research and real life testing.

A message from the Coach

Coach Arnel here. If you reading this right now, then I would like to congratulate you. You now have instant-access to my 30-Day Ab Challenge. These are not your same-old boring ab routines that you have seen everywhere else.

Instead, this is the same ab program that I personally use for myself and my top elite clients. Best of all, the program doesn't require any equipment. So go ahead, try it out and impress your

friends with chiseled abs.

The program is designed for ease of use and is interactive. All you have to do is simply follow the workout calendar exactly how it is laid out. If you don't understand a specific ab exercise, simply click on the name of the exercise and a short video will pop out to show you what the exercise looks like.

Please rate it if you like it. Good luck and enjoy the challenge.

Talk to you soon,

Coach Arnel

A handwritten signature in black ink, appearing to read "Andie Rindfuss".

P.S. Although, you will have a blast following my ab program, proper eating must be in place to get optimum results.

P.P.S. Listed below are my most IMPORTANT tips for proper form. Practice it, master it, love it as it is crucial for your safety and success.

P.P.P.S. As I mentioned above, you want the fastest results, stay motivated by joining my facebook fan page at <http://www.facebook.com/TheWorkou>

Important Tips

You'll notice that most of the plank exercises (on my elbows or my hands) are in what is called a hollow position (see standard plank). Imagine your torso is shaped like a banana. That is done intentionally to make sure to fully engage and strengthen my mid-line stability.

The plank is an amazing core exercise to help develop core stabilization but only when executed correctly. A common mistake is having an arch in your lower back making it difficult to engage your core.

How To Properly Set Up Your Plank (Elbows)

To properly set up your plank, kneel down and place your elbows at about shoulder-width apart. Then extend your legs back with your feet together and glutes squeezed. This is extremely important because activated glutes will allow you to fully engage your torso.

Shift your body forward until your shoulders are above your elbows. Once accomplished, pull your ribs up and inward to remove the arch in your lower back and to maximize core contraction. At this point, focus on steady controlled breathing.

Exercise Samples: Rotational Plank, Spiderman Plank, Plank Punch

How To Properly Set Up Your Plank (Hands)

To properly set up your plank (hands), kneel down and place your hands at about shoulder-width apart with your fingers facing forward. Then extend your legs back with your feet together and glutes squeezed. This is extremely important because activated glutes will allow you to fully engage your torso.

Without moving your hands, externally rotate your shoulders by rotating your arms until your elbow pit is slightly facing forward. Then shift your body

forward until your shoulders are above your knuckles. Once accomplished, pull your ribs up and inwards to remove the arch on your lower back and maximize core contraction. At this point, focus on steady controlled breathing.

Exercise Samples: Plank Crossover Tap Knee, Plank Crossover Tap Feet, Pretzel Plank, Mountain Climber Flex

Common Adjustments



*Upper Back Should Look Like
A Scared Cat*



*Glutes Should Be Contracted
With Hips Fully Open*



Quads Should Be Engaged

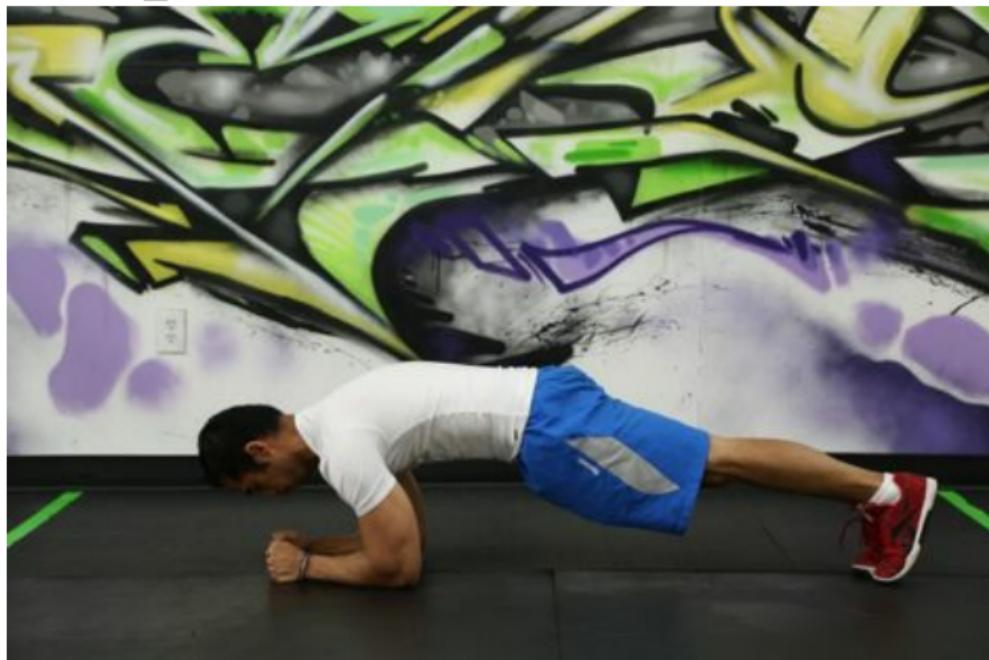


Neck Should Be Neutral (Not Hyper-Extended)



Chin Is Overly Tucked (You Should Be Able To Fist Your Fist Under Your Chin)

Proper Position



Proper Hallowed Position

Chapter 1

Day 1

The Workout

Plank

Bicycle Kick

Reverse Crunch

:40 sec ON

:20 sec OFF

2 rounds

Total Time: 5:40

Instructions: Perform “Plank” for 40 seconds, then rest for 20 seconds. Perform “Bicycle kick” for 40 seconds, then rest for 20 seconds. Perform “Reverse Crunch” for 40 seconds, then rest for 20 seconds. Repeat for a total of 2 rounds.

The Plank

This is a standard plank. See “How To Properly Set Up Your Plank (Elbows)” to review. The key is to focus on keeping your core as tight as possible by keeping your glutes squeezed and ribs

pulled in. Focus on breathing and hold for the desired time.



*The Plank - Start and Finish
Position*

Bicycle Kick

Lay on your back with your hands behind your head and one leg extended and one leg bent (close to the opposite elbow). Initiate the movement by simultaneously driving your elbow to your opposite knee into a "rotational crunch" movement. Make sure that shoulders are off the ground with your chin roughly fist away from your chest. Repeat for the desired cycles.



*Bicycle Kick - Starting
Position*



*Bicycle Kick - Finishing
Position*

Reverse Crunch

Lay on your back with your arms at your sides. During the movement it's ok to let your toes touch the ground. This makes sure you have the largest range of motion possible. Just don't let your entire foot hit the ground unless you need a break. Noticed that my shoulders are slightly off the ground and chin is roughly fist away from my upper chest. This is to allow me to engage my core.

Initiate by driving your knees toward your head while simultaneously lifting your hips off the ground. Then slowly return back to the starting position and repeat for the desired for the desired reps. reps.



Reverse Crunch - Starting Position



*Reverse Crunch - Finishing
Position*

Chapter 2

Day 2

Rest

Chapter 3

Day 3

The Workout

20 Repetitions of Spiderman Plank

15 Repetitions of Toe Touch Crunch

10 Repetitions of Pretzel Plank

Perform as many rounds as possible in
6 minutes.

Total Time: 6:00

Instructions: Perform all 3 exercises
in order to complete one round. The

goal is to complete as many rounds as possible in 6 minutes with little or no breaks between exercises / rounds.

Spiderman Plank

Please review “How To Properly Set Up Your Plank (Elbow).” Once you are properly set up, initiate the movement by driving your knee towards your side while simultaneously turning your head so that you can actually see your knee.

At every single rep, focus on squeezing your oblique muscle (side) to get the most from this move. Make sure you return back to a full plank position

before moving on to the next side.



Spiderman Plank - Starting Position



*Spiderman Plank - Finishing
Position*

Toe Touch Crunch

Lay on your back with your legs lifted. It's important to keep your legs in the same position. Your legs should have a bend in the knee and your arms should be fully extended. Initiate the movement by reaching towards your toes while squeezing your abs. If you can touch your toes, great. If not, slowly build it up until you get there. Repeat for the desired reps.



*Toes Touch Crunch - Starting
Position*



*Toe Touch Crunch - Finishing
Position*

Pretzel Plank

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, initiate the movement by slowly driving your knee to the opposite elbow while simultaneously tilting your upper torso and hips to fully contract your obliques. Return to the starting position and repeat with the other side.

Focus on breathing out as you drive your knees to your opposite elbow. Of course, it is important to do both sides equally.



*Pretzel Plank - Starting
Position*



*Pretzel Plank - Finishing
Position*

Chapter 4

Day 4

Rest

Chapter 5

Day 5

The Workout

20 Repetitions of Elevated Hip Raise

:45 Second Plank

20 Repetitions of The Cruncher

:45 Second Plank

20 Repetitions of Toe Touch Crunch

:45 Second Plank

20 Repetitions of Bicycle Kick

:45 Second Plank

Perform all exercises in order as fast
as possible.

Time Cap: 10:00

Instructions: Perform all 8 exercises in order for the required repetitions/time. Rest when needed in between until you complete all exercises. If the clock passes 10 minutes, stop where you are and the workout is complete.

The Plank

This is a standard plank. See “How To Properly Set Up Your Plank (Elbows)” to review. The key is to focus on

keeping your core as tight as possible by keeping your glutes squeezed and ribs pulled in. Focus on breathing and hold for the desired time.



*The Plank - Starting and
Finishing Position*

Elevated Hip Raise

It's important to start this exercise in the right position. Lay on your back with your legs above your hips and arms supported on the ground with palms facing downward. Notice that my shoulders are slightly off the ground and chin roughly fist away from my upper chest. This is to allow me to engage my core.

Slight bend in the knees is ok. Execute the movement by elevating your hips as

high as you can by activating your abs especially your lower abs. It is important to prevent any swinging to ensure that the core is fully engaged.



Elevated Hip Raise - Starting Position



*Elevated Hip Raise -
Finishing Position*

The Cruncher

Start by sitting on the floor. Lean back while keeping your legs straight with your arms placed at your sides for support. To initiate the movement, drive your knees up towards your chest while simultaneously crunching your abs forward. Return back to the starting position by extending your legs in front of you while you lean back with your upper body. Repeat for the recommended reps and always focus on squeezing your abs for every single rep.



The Cruncher - Starting Position



*The Cruncher - Finishing
Position*

Toe Touch Crunch

Lay on your back with your legs lifted. It's important to keep your legs in the same position. Your legs should have a bend in the knee and your arms should be fully extended. Initiate the movement by reaching towards your toes while squeezing your abs. If you can touch your toes, great. If not, slowly build it up until you get there. Repeat for the desired reps.



*Toes Touch Crunch - Starting
Position*



*Toe Touch Crunch - Finishing
Position*

Bicycle Kick

Lay on your back with your hands behind your head and one leg extended and one leg bent (close to the opposite elbow). Initiate the movement by simultaneously driving your elbow to your opposite knee into a "rotational crunch" movement. Make sure that shoulders are off the ground with your chin roughly fist away from your chest. Repeat for the desired cycles.



*Bicycle Kick - Starting
Position*



*Bicycle Kick - Finishing
Position*

Chapter 6

Day 6

Rest

Chapter 7

Day 7

The Workout

10 Repetitions of Mountain Climber
Flex Each Side

10 Repetitions of Elevated Hip Raise
X-Leg Left

10 Repetitions of Elevated Hip Raise
X-Leg Right

10 Repetitions of The Cruncher
4 Rounds For Time.

Time Cap: 10:00

Instructions: Perform all 4 exercises in order for the required repetitions for 4. Rest when needed in between until you complete a total of 4 rounds. If the clock passes 10 minutes, stop where you are and the workout is complete.

Mountain Climber Flex

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, drive your knee towards your chest while squeezing your abs. Then return back to starting position. Alternate every single rep until the

desires reps are completed.



*Mountain Climber Flex -
Starting Position*



*Mountain Climber Flex -
Finishing Position*

Elevated Hip Raise X-

Leg Left

This is similar to Elevated Hip Raise; however, your left leg is extended while the right leg is crossed over the other leg. Initiate the movement by bringing your crossed leg up and towards your shoulders. Execute the movement by elevating your hips as high as you can by activating your abs especially your lower abs. It is important to prevent any swinging to ensure that the core is fully engaged.



*Elevated Hip Raise X-Leg
Left - Starting Position*



*Elevated Hip Raise X-Leg
Left - Finishing Position*

Elevated Hip Raise X-Leg Right

Start on your side with your left elbow

directly underneath your shoulder with your legs both extended. Initiate the movement by simultaneously driving your right elbow and your right knee together. Squeeze your core; then extend your right leg and right arm. Make sure that you keep your core fully engaged throughout the movement. From this position, your obliques will get challenged.



*Elevated Hip Raise X-Leg
Right - Starting Position*



*Elevated Hip Raise X-Leg
Right - Finishing Position*

The Cruncher

Start by sitting on the floor. Lean back while keeping your legs straight with your arms placed at your sides for support. To initiate the movement, drive your knees up towards your chest while simultaneously crunching your abs forward. Return back to the starting position by extending your legs in front of you while you lean back with your upper body. Repeat for the recommended reps and always focus on squeezing your abs for every single rep.



The Cruncher - Starting Position



*The Cruncher - Finishing
Position*

Chapter 8

Day 8

The Workout

Double Ab Crunch

Plank Crossover Tap Knee

Reverse Crunch

10-9-8-7-6-5-4-3-2-1

For Time.

Time Cap: 10:00

Instructions: Perform all 3 exercises in order for 10 reps, then all 3 exercises

for 9 reps, then again for 8 reps until you are down to 1 rep. Rest when needed. If the clock passes 10 minutes, stop where you are and the workout is complete.

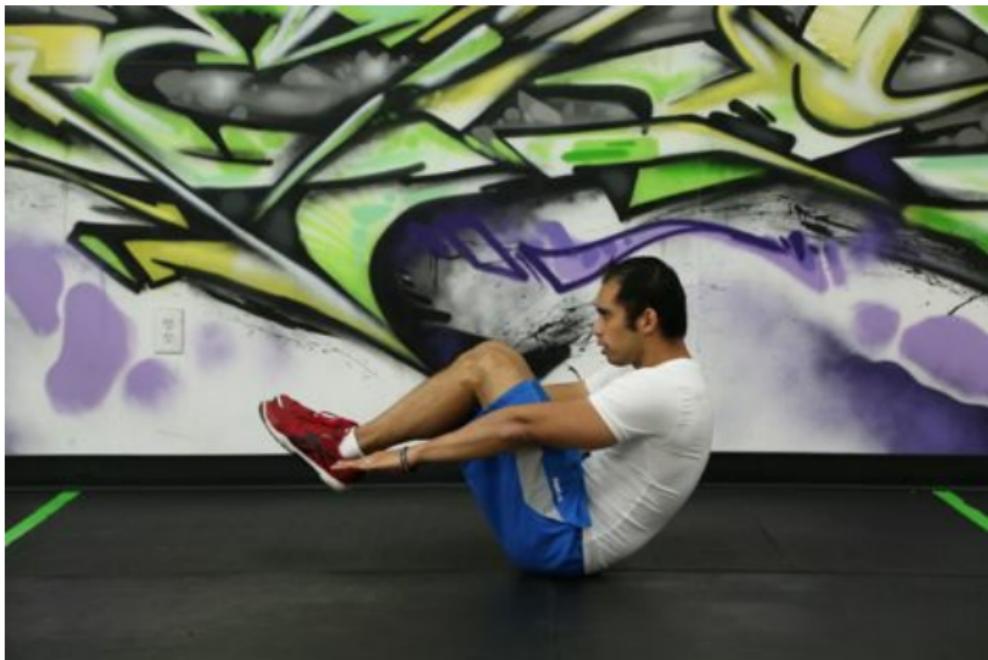
Double Ab Crunch

Timing and balance is everything. Don't get upset if you can not perform this exercise right at first. Maintaining proper rhythm will ensure successful repetition. The movement requires driving your chest and knees towards each other; then simultaneously allowing your lower legs to extend and your upper torso to descend. Repeat for the desired

reps.



Double Ab Crunch - Starting Position



Double Ab Crunch - Finishing Position

Plank Crossover Tap

Knee

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, drive your knee towards your chest and tap your knee with the opposite hand. With full control, return back to starting position. Alternate every single rep until the desired reps are completed. For a split moment, you are effectively balancing on only one hand and one foot, causing your core to engage. The objective is to control your core during the entire movement.



*Plank Crossover Tap Knee -
Starting Position*



*Plank Crossover Tap Knee -
Finishing Position*

Reverse Crunch

Lay on your back with your arms at your sides. During the movement it's ok to let your toes touch the ground. This makes sure you have the largest range of motion possible. Just don't let your entire foot hit the ground unless you need a break. Noticed that my shoulders are slightly off the ground and chin is roughly fist away from my upper chest.

This is to allow me to engage my core.

Initiate by driving your knees toward your head while simultaneously lifting your hips off the ground. Then slowly return back to the starting position and repeat for the desired reps.



Reverse Crunch - Starting Position



*Reverse Crunch - Finishing
Position*

Chapter 9

Day 9

Rest

Chapter 10

Day 10

The Workout

Spiderman Plank

Elevated Hip Raise

5-10-15-20-15-10-5

For Time.

Time Cap: 10:00

Instructions: Perform both exercises for 5 reps each, then again for 10 repetitions, and again for 15 repetitions,

and so on until workout is completed. Rest when needed. If the clock passes 10 minutes, stop where you are and the workout is complete.

Spiderman Plank

Please review “How To Properly Set Up Your Plank (Elbow).” Once you are properly set up, initiate the movement by driving your knee towards your side while simultaneously turning your head so that you can actually see your knee.

At every single rep, focus on squeezing your oblique muscle (side) to get the most from this move. Make sure you

return back to a full plank position before moving on to the next side.



Spiderman Plank - Starting Position



*Spiderman Plank - Finishing
Position*

Elevated Hip Raise

It's important to start this exercise in the right position. Lay on your back with your legs above your hips and arms supported on the ground with palms facing downward. Notice that my shoulders are slightly off the ground and chin roughly fist away from my upper chest. This is to allow me to engage my core.

Slight bend in the knees is ok. Execute the movement by elevating your hips as high as you can by activating your abs especially your lower abs. It is important to prevent any swinging to ensure that the core is fully engaged.



Elevated Hip Raise - Starting Position



*Elevated Hip Raise -
Finishing Position*

Chapter 11

Day 11

The Workout

10 Repetitions of Double Ab Crunch

10 Repetitions of Plank Punch (5 Per Side)

Every Minute On The Minute For 10 Minutes.

Time Cap: 10:00

Instructions: Perform both exercises for the required reps. If completed in

under 1 minute, the remaining seconds are your rest period. Repeat when it hits the following minute. Continue until you complete a total of 10 minutes / 10 rounds.

Double Ab Crunch

Timing and balance is everything. Don't get upset if you can not perform this exercise right at first. Maintaining proper rhythm will ensure successful repetition. The movement requires driving your chest and knees towards each other; then simultaneously allowing your lower legs to extend and your upper

torso to descend. Repeat for the desired reps.



Double Ab Crunch - Starting Position



*Double Ab Crunch - Finishing
Position*

Plank Punch

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, slightly shift on one side to allow you to punch up. Then quickly drive your elbows back in and repeat on both sides. For a split moment, you are effectively balancing with only one hand and both feet, causing your core to engage. The objective is to control your core during the entire movement.



*Plank Punch - Starting
Position*



*Plank Punch - Finishing
Position*

Chapter 12

Day 12

Rest

Chapter 13

Day 13

The Workout

Plank Crossover Tap Knee

:30 sec ON

:30 sec OFF

8 Rounds for Max Reps.

Total Time: 7:30

Instructions: Perform as many reps of “Plank Crossover Tap knee” as possible in :30 seconds. Rest for :30 seconds.

Repeat for a total of 8 rounds for a total reps performed.

Plank Crossover Tap Knee

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, drive your knee towards your chest and tap your knee with the opposite hand. With full control, return back to starting position. Alternate every single rep until the desired reps are completed. For a split moment, you are effectively balancing on only one hand and one foot, causing your core to

engage. The objective is to control your core during the entire movement.



*Plank Crossover Tap Knee -
Starting Position*



*Plank Crossover Tap Knee -
Finishing Position*

Chapter 14

Day 14

The Workout

Elbow Side Knee Drive Left

Elbow Side Knee Drive Right

Elevated Hip Raise

1-2-3-4-5-6-7-8-9-10

For Time.

Time Cap: 10:00

Instructions: Perform all 3 exercises in order for 1 rep, then all 3 exercises

for 2 reps, then again for 3 reps until you are up to 10 reps. Rest when needed. If the clock passes 10 minutes, stop where you are and the workout is complete.

Elbow Side Knee Drive Left

Start on your side with your right elbow directly underneath your shoulder with your legs both extended. Initiate the movement by simultaneously driving your left elbow and your left knee together. Squeeze your core; then extend your left leg and left arm. Make sure that you keep your core fully engaged

throughout the movement. From this position, your obliques will get challenged.



*Elbow Side Knee Drive Left -
Starting Position*



*Elbow Side Knee Drive Left -
Finishing Position*

Elbow Side Knee Drive

Right

Start on your side with your left elbow directly underneath your shoulder with your legs both extended. Initiate the movement by simultaneously driving your right elbow and your right knee together. Squeeze your core; then extend your right leg and right arm. Make sure that you keep your core fully engaged throughout the movement. From this position, your obliques will get challenged.



Elbow Side Knee Drive Right
- Starting Position



*Elbow Side Knee Drive Right
- Finishing Position*

Elevated Hip Raise

It's important to start this exercise in the right position. Lay on your back with your legs above your hips and arms supported on the ground with palms facing downward. Notice that my shoulders are slightly off the ground and chin roughly fist away from my upper chest. This is to allow me to engage my core.

Slight bend in the knees is ok. Execute the movement by elevating your hips as high as you can by activating your abs especially your lower abs. It is important to prevent any swinging to ensure that the core is fully engaged.



Elevated Hip Raise - Starting Position



*Elevated Hip Raise -
Finishing Position*

Chapter 15

Day 15

The Workout

10 Repetitions of The Stopper Left

10 Repetitions of The Stopper Right

15 Repetitions of The Cruncher

5 Rounds For Time.

Time Cap: 10:00

Instructions: Perform 10 “The Stopper Left,” then 10 “The Stopper Right,” and finally 15 “The Cruncher.”

Rest when needed. Complete for a total of 5 rounds. If the clock passes 10 minutes, stop where you are and the workout is complete.

The Stopper Left

Start by sitting on the side of your hip with your upper torso resting on your elbow and legs fully extended. At this point, the top arm (left) should be fully extended over your head. Initiate the movement by simultaneously bringing your left hand and legs together (while keeping your legs extended as much as possible). Return back to starting

position by extending your legs out and hands away from each other until you complete one repetition. Repeat for the desired repetitions. Focus on squeezing your abs for every single rep. Make sure to perform both sides equally.



The Stopper Left - Starting

Position



*The Stopper Left - Finishing
Position*

The Stopper Right

Start by sitting on the side of your hip with your upper torso resting on your elbow and legs fully extended. At this point, the top arm (right) should be fully extended over your head. Initiate the movement by simultaneously bringing your right hand and legs together (while keeping your legs extended as much as possible). Return back to starting position by extending your legs out and hands away from each other until you complete one repetition. Repeat for the desired repetitions. Focus on squeezing your abs for every single rep. Make sure to perform both sides equally.



The Stopper Right - Starting Position



The Stopper Right - Finishing Position

The Cruncher

Start by sitting on the floor. Lean back while keeping your legs straight with your arms placed at your sides for support. To initiate the movement, drive your knees up towards your chest while simultaneously crunching your abs forward. Return back to the starting position by extending your legs in front of you while you lean back with your upper body. Repeat for the recommended reps and always focus on squeezing your abs for every single rep.



The Cruncher - Starting Position



*The Cruncher - Finishing
Position*

Chapter 16

Day 16

Rest

Chapter 17

Day 17

The Workout

Plank Crossover Tap Feet

Toe Touch Crunch

:20 sec ON

:10 sec OFF

8 Rounds for Max Reps.

Total Time: 7:50

Instructions: Perform “Plank Crossover Tap Feet” for 20 seconds,

then rest for 10 seconds. Perform “Toe Touch Crunch” for 20 seconds, then rest for 10 seconds. Repeat for a combined total of 8 rounds.

Plank Crossover Tap Feet

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, drive your knee towards your chest and tap your foot with the opposite hand. With full control, return back to starting position. Alternate every single rep until the desired reps are completed. For a split moment, you

are effectively balancing on only one hand and one foot, causing your core to engage. The objective is to control your core during the entire movement.



Plank Crossover Tap Feet - Starting Position



*Plank Crossover Tap Feet -
Finishing Position*

Toe Touch Crunch

Lay on your back with your legs lifted. It's important to keep your legs in the same position. Your legs should have a bend in the knee and your arms should be fully extended. Initiate the movement by reaching towards your toes while squeezing your abs. If you can touch your toes, great. If not, slowly build it up until you get there. Repeat for the desired reps.



*Toes Touch Crunch - Starting
Position*



Toes Touch Crunch - Finishing Position

Chapter 18

Day 18

The Workout

Pretzel Plank

Reverse Crunch

Mountain Climber Flex

2 Minutes of Max Repetitions

1 Minute Rest

Total Time: 8:00

Instructions: Perform “Pretzel Plank” for 2 minutes. Then rest for 1 minute.

Perform “Reverse Crunch” for 2 minutes. Then rest for 1 minute. Then finally perform “Mountain Climber Flex” for 2 minutes.

Pretzel Plank

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, initiate the movement by slowly driving your knee to the opposite elbow while simultaneously tilting your upper torso and hips to fully contract your obliques. Return to the starting position and repeat with the other side.

Focus on breathing out as you drive

your knees to your opposite elbow. Of course, it is important to do both sides equally.



Pretzel Plank - Starting Position



*Pretzel Plank - Finishing
Position*

Reverse Crunch

Lay on your back with your arms at your sides. During the movement it's ok to let your toes touch the ground. This makes sure you have the largest range of motion possible. Just don't let your entire foot hit the ground unless you need a break. Noticed that my shoulders are slightly off the ground and chin is roughly fist away from my upper chest.

This is to allow me to engage my core.

Initiate by driving your knees toward your head while simultaneously lifting your hips off the ground. Then slowly return back to the starting position and repeat for the desired reps.



Reverse Crunch - Starting Position



*Reverse Crunch - Finishing
Position*

Mountain Climber Flex

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, drive your knee towards your chest while squeezing your abs.

Then return back to starting position.

Alternate every single rep until the desired reps are completed.



Mountain Climber Flex -

Starting Position



*Mountain Climber Flex -
Finishing Position*

Chapter 19

Day 19

The Workout

25 Repetitions of The Stopper Left

25 Repetitions of The Stopper Right

25 Repetitions of The Cruncher

Complete all exercises for time.

Time Cap: 10:00

Instructions: Complete 3 exercises in the proper order. You must complete the required repetitions before moving on

the next exercise. Rest when needed. If the clock passes 10 minutes, stop where you are and the workout is complete.

The Stopper Left

Start by sitting on the side of your hip with your upper torso resting on your elbow and legs fully extended. At this point, the top arm (left) should be fully extended over your head. Initiate the movement by simultaneously bringing your left hand and legs together (while keeping your legs extended as much as possible). Return back to starting position by extending your legs out and

hands away from each other until you complete one repetition. Repeat for the desired repetitions. Focus on squeezing your abs for every single rep. Make sure to perform both sides equally.



The Stopper Left - Starting Position



*The Stopper Left - Finishing
Position*

The Stopper Right

Start by sitting on the side of your hip with your upper torso resting on your elbow and legs fully extended. At this point, the top arm (right) should be fully extended over your head. Initiate the movement by simultaneously bringing your right hand and legs together (while keeping your legs extended as much as possible). Return back to starting position by extending your legs out and hands away from each other until you complete one repetition. Repeat for the desired repetitions. Focus on squeezing your abs for every single rep. Make sure to perform both sides equally.



The Stopper Right - Starting Position



The Stopper Right - Finishing Position

The Cruncher

Start by sitting on the floor. Lean back while keeping your legs straight with your arms placed at your sides for support. To initiate the movement, drive your knees up towards your chest while simultaneously crunching your abs forward. Return back to the starting position by extending your legs in front of you while you lean back with your upper body. Repeat for the recommended reps and always focus on squeezing your abs for every single rep.



The Cruncher - Starting Position



*The Cruncher - Finishing
Position*

Chapter 20

Day 20

Rest

Chapter 21

Day 21

The Workout

Elbow Side Knee Drive Left

Elbow Side Knee Drive Right

2-4-6-8-10-12...

For 9 Minutes.

Total Time: 9:00

Instructions: Perform 2 reps for both exercises. Then 4 reps for both exercises. Then 6 reps for both

exercises. Keep going up until you reach 9 minutes. Rest when needed.

Elbow Side Knee Drive Left

Start on your side with your right elbow directly underneath your shoulder with your legs both extended. Initiate the movement by simultaneously driving your left elbow and your left knee together. Squeeze your core; then extend your left leg and left arm. Make sure that you keep your core fully engaged throughout the movement. From this position, your obliques will get

challenged.



*Elbow Side Knee Drive Left -
Starting Position*



*Elbow Side Knee Drive Left -
Finishing Position*

Elbow Side Knee Drive

Right

Start on your side with your left elbow directly underneath your shoulder with your legs both extended. Initiate the movement by simultaneously driving your right elbow and your right knee together. Squeeze your core; then extend your right leg and right arm. Make sure that you keep your core fully engaged throughout the movement. From this position, your obliques will get challenged.



Elbow Side Knee Drive Right
- Starting Position



*Elbow Side Knee Drive Right
- Finishing Position*

Chapter 22

Day 22

The Workout

Spiderman Plank

Toe Touch Crunch

:45 sec ON

:15 sec OFF

5 Rounds for Max Reps.

Total Time: 9:45

Instructions: Perform “Spiderman Plank” for 45 seconds, then rest for 10

seconds. Perform “Toe Touch Crunch” for 45 seconds, then rest for 15 seconds. Repeat for a combined total of 5 rounds.

Spiderman Plank

Please review “How To Properly Set Up Your Plank (Elbow).” Once you are properly set up, initiate the movement by driving your knee towards your side while simultaneously turning your head so that you can actually see your knee.

At every single rep, focus on squeezing your oblique muscle (side) to get the most from this move. Make sure you return back to a full plank position

before moving on to the next side.



Spiderman Plank - Starting Position



*Spiderman Plank - Finishing
Position*

Toe Touch Crunch

Lay on your back with your legs lifted. It's important to keep your legs in the same position. Your legs should have a bend in the knee and your arms should be fully extended. Initiate the movement by reaching towards your toes while squeezing your abs. If you can touch your toes, great. If not, slowly build it up until you get there. Repeat for the desired reps.



Toe Touch Crunch - Starting Position



Toes Touch Crunch - Finishing Position

Chapter 23

Day 23

The Workout

20 Repetitions of Rotational Plank (10 Each Side)

10 Repetitions of The Cruncher

10 Repetitions of Elevated Hip Raise
X-Leg Left

10 Repetitions of Elevated Hip Raise
X-Leg Right

Perform as many rounds as possible in 10 minutes.

Time Cap: 10:00

Instructions: Perform all 4 exercises in order to complete one round. The goal is to complete as many rounds as possible in 10 minutes with little or no breaks between exercises/rounds.

Rotational Plank

Please review “How To Properly Set Up Your Plank (Elbows).” Once you are properly set up, initiate the movement by rotating your torso until your chest is facing a wall. Lower it down with control and repeat the cycle on the other

side. If you are having trouble with the rotation because of balancing issues, you can always spread your feet out a little wider to have better balance. When you get more efficient at the exercise, then you can slowly move your feet in to allow more glute activation.



Rotational Plank - Starting Position



Rotational Plank - Finishing Position

The Cruncher

Start by sitting on the floor. Lean back while keeping your legs straight with your arms placed at your sides for support. To initiate the movement, drive your knees up towards your chest while simultaneously crunching your abs forward. Return back to the starting position by extending your legs in front of you while you lean back with your upper body. Repeat for the recommended reps and always focus on squeezing your abs for every single rep.



The Cruncher - Starting Position



*The Cruncher - Finishing
Position*

Elevated Hip Raise X-

Leg Left

This is similar to Elevated Hip Raise; however, your left leg is extended while the right leg is crossed over the other leg. Initiate the movement by bringing your crossed leg up and towards your shoulders. Execute the movement by elevating your hips as high as you can by activating your abs especially your lower abs. It is important to prevent any swinging to ensure that the core is fully engaged.



*Elevated Hip Raise X-Leg
Left - Starting Position*



*Elevated Hip Raise X-Leg
Left - Finishing Position*

Elevated Hip Raise X-

Leg Right

This is similar to the Elevated Hip Raise; however, your right leg is extended while the left leg is crossed over the other leg. Initiate the movement by bringing your crossed leg up and towards your shoulders. Execute the movement by elevating your hips as high as you can by activating your abs especially your lower abs. It is important to prevent any swinging to ensure that the core is fully engaged.



*Elevated Hip Raise X-Leg
Right - Starting Position*



*Elevated Hip Raise X-Leg
Right - Finishing Position*

Chapter 24

Day 24

The Workout

100 Repetitions of Toe Touch Crunch
for time.

In addition, every minute on the minute,
perform 5 Elevated Hip Raise.

Time Cap: 10:00

Instructions: Perform “Toe Touch Crunch” as fast as possible. *Every minute on the clock, perform 5

“Elevated Hip Raise.” The workout is over once all 100 “Toe Touch Crunch” are completed or the 10 minute cap is reached.

Toe Touch Crunch

Lay on your back with your legs lifted. It’s important to keep your legs in the same position. Your legs should have a bend in the knee and your arms should be fully extended. Initiate the movement by reaching towards your toes while squeezing your abs. If you can touch your toes, great. If not, slowly build it up until you get there. Repeat for the

desired reps.



Toes Touch Crunch - Starting Position



Toes Touch Crunch - Finishing Position

Chapter 25

Day 25

Rest

Chapter 26

Day 26

Rest

Chapter 27

Day 27

The Workout

3 Minutes of Bicycle Kick

1 Minute Rest

2 Minutes of Rotational Plank

1 Minute Rest

1 Minute of Elevated Hip Raise

Perform as many repetitions as possible.

Total Time: 8:00

Instructions: Perform "Bicycle Kick" for 3 minutes. Then rest for 1 minute.

Perform "Rotational Plank" for 2 minutes. Then rest for 1 minute. Then finally perform "Elevated Hip Raise" for 1 minute.

Bicycle Kick

Lay on your back with your hands behind your head and one leg extended and one leg bent (close to the opposite elbow). Initiate the movement by simultaneously driving your elbow to your opposite knee into a "rotational

crunch" movement. Make sure that shoulders are off the ground with your chin roughly fist away from your chest. Repeat for the desired cycles.



Bicycle Kick - Starting Position



*Bicycle Kick - Finishing
Position*

Rotational Plank

Please review “How To Properly Set Up Your Plank (Elbows).” Once you are properly set up, initiate the movement by rotating your torso until your chest is facing a wall. Lower it down with control and repeat the cycle on the other side. If you are having trouble with the rotation because of balancing issues, you can always spread your feet out a little wider to have better balance. When you get more efficient at the exercise, then you can slowly move your feet in to allow more glute activation.



Rotational Plank - Starting Position



Rotational Plank - Finishing Position

Elevated Hip Raise

It's important to start this exercise in the right position. Lay on your back with your legs above your hips and arms supported on the ground with palms facing downward. Notice that my shoulders are slightly off the ground and chin roughly fist away from my upper chest. This is to allow me to engage my core.

Slight bend in the knees is ok. Execute the movement by elevating your hips as high as you can by activating your abs especially your lower abs. It is important to prevent any swinging to ensure that the core is fully engaged.



Elevated Hip Raise - Starting Position



*Elevated Hip Raise -
Finishing Position*

Chapter 28

Day 28

The Workout

Double Ab Crunch

1-2-3-4-5-6-7-8-9-10

Plank Crossover Tap Feet (Per side)

10-9-8-7-6-5-4-3-2-1

For Time.

Time Cap: 10:00

Instructions: Perform the required repetitions. The sequence is: 1 Double Ab Crunch, 10 Plank Crossover Tap Feet, 2 Double Ab Crunch, 9 Plank Crossover Tap Feet, 3 Double Ab Crunch, 8 Plank Crossover Tap Feet, continue until entire workout is completed or the 10 minute cap is reached.

Double Ab Crunch

Timing and balance is everything. Don't get upset if you can not perform this exercise right at first. Maintaining

proper rhythm will ensure successful repetition. The movement requires driving your chest and knees towards each other; then simultaneously allowing your lower legs to extend and your upper torso to descend. Repeat for the desired reps.



Double Ab Crunch - Starting Position



Double Ab Crunch - Finishing Position

Plank Crossover Tap Feet

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, drive your knee towards your chest and tap your foot with the opposite hand. With full control, return back to starting position. Alternate every single rep until the desired reps are completed. For a split moment, you are effectively balancing on only one hand and one foot, causing your core to engage. The objective is to control your

core during the entire movement.



*Plank Crossover Tap Feet -
Starting Position*



*Plank Crossover Tap Feet -
Finishing Position*

Chapter 29

Day 29

The Workout

Death by Toe Touch Crunch

Time Limit: None

Instructions: Starting at 1 rep, add one more rep every minute until "death." - unable to complete the required reps in a minute. Sample. 1 minute, complete 1 rep within that minute. Next minute you must complete 2 reps within that 1

minute span. The next minute, you complete 3 reps within that minute and so on.

Toe Touch Crunch

Lay on your back with your legs lifted. It's important to keep your legs in the same position. Your legs should have a bend in the knee and your arms should be fully extended. Initiate the movement by reaching towards your toes while squeezing your abs. If you can touch your toes, great. If not, slowly build it up until you get there. Repeat for the desired reps.



*Toes Touch Crunch - Starting
Position*



Toes Touch Crunch - Finishing Position

Chapter 30

Day 30

The Workout

Bicycle Kick

Reverse Crunch

Plank Punch

Elbow Side Knee Drive Left

Elbow Side Knee Drive right

Total Time: 11:00

Instructions: 5 stations; spending 1 minute per station (with no rest between stations until you complete the 5th station). Once the 5th station has been completed, rest for 1 minute and repeat for 1 more round.

Bicycle Kick

Lay on your back with your hands behind your head and one leg extended and one leg bent (close to the opposite elbow). Initiate the movement by simultaneously driving your elbow to your opposite knee into a "rotational crunch" movement. Make sure that

shoulders are off the ground with your chin roughly fist away from your chest. Repeat for the desired cycles.



Bicycle Kick - Starting Position



*Bicycle Kick - Finishing
Position*

Reverse Crunch

Lay on your back with your arms at your sides. During the movement it's ok to let your toes touch the ground. This makes sure you have the largest range of motion possible. Just don't let your entire foot hit the ground unless you need a break. Noticed that my shoulders are slightly off the ground and chin is roughly fist away from my upper chest.

This is to allow me to engage my core.

Initiate by driving your knees toward your head while simultaneously lifting your hips off the ground. Then slowly return back to the starting position and repeat for the desired reps.



Reverse Crunch - Starting Position



Reverse Crunch - Finishing Position

Plank Punch

Please review “How To Properly Set Up Your Plank (Hands).” Once you are properly set up, slightly shift on one side to allow you to punch up. Then quickly drive your elbows back in and repeat on both sides. For a split moment, you are effectively balancing with only one hand and both feet, causing your core to engage. The objective is to control your core during the entire movement.



*Plank Punch - Starting
Position*



*Plank Punch - Finishing
Position*

Elbow Side Knee Drive

Left

Start on your side with your right elbow directly underneath your shoulder with your legs both extended. Initiate the movement by simultaneously driving your left elbow and your left knee together. Squeeze your core; then extend your left leg and left arm. Make sure that you keep your core fully engaged throughout the movement. From this position, your obliques will get challenged.



*Elbow Side Knee Drive Left -
Starting Position*



*Elbow Side Knee Drive Left -
Finishing Position*

Elbow Side Knee Drive

Right

Start on your side with your left elbow directly underneath your shoulder with your legs both extended. Initiate the movement by simultaneously driving your right elbow and your right knee together. Squeeze your core; then extend your right leg and right arm. Make sure that you keep your core fully engaged throughout the movement. From this position, your obliques will get challenged.



Elbow Side Knee Drive Right
- Starting Position



*Elbow Side Knee Drive Right
- Finishing Position*

Chapter 31

What's Next?

3 Reasons To Like THE WORKOUT NATION'S Facebook Fan Page.

The screenshot shows a Facebook interface. At the top, there are three tabs: "Photos of The Workout Nation" (white), "Photos" (white), and "Albums" (blue). Below the tabs, the heading "The Workout Nation's Videos" is centered. Four video thumbnails are displayed in a row, each showing a man performing a different exercise against a colorful, abstract background. The thumbnails are labeled: "Rotational Plank" (0:12), "Reverse Crunch" (0:10), "Pretzel Plank" (0:11), and "Double Ab Crunch" (0:10). At the bottom of the screen, there is a navigation bar with links: About, Create Ad, Create Page, Developers, Careers, Privacy, Cookies, Terms, and Help. The copyright notice "Facebook © 2013 - English (US)" is also visible.

Photos of The Workout Nation

Photos

Albums

The Workout Nation's Videos

Rotational Plank 0:12

Reverse Crunch 0:10

Pretzel Plank 0:11

Double Ab Crunch 0:10

About Create Ad Create Page Developers Careers Privacy Cookies Terms Help

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4. VIDEO: It's hard to see all the elements of each exercise through a couple of photos; examples being timed breathing, execution, and tempo. So to help coach you the best I can, i've uploaded every exercise in high quality video on The Workout Nation's Facebook page.

5. COACH: At some point during your 30 Day Abs Challenge, you may have come across a question or 2. The easiest way for me to assist you on those is to meet me there.

6. COMMUNITY: Don't go through this alone! We all have a moment of weakness where it's sometimes easier

to give up than to push through. We have an amazing community that can help you get through those “off days” when you need it the most.

Visit the Facebook Fan Page:

<http://www.facebook.com/TheWorkou>