total abs

FREE 30-DAY PROGRAM

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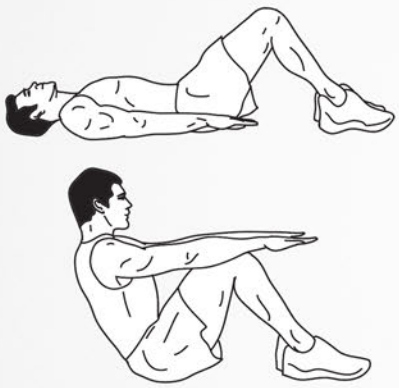
Day 1 | Ab Circuit

Repeat each exercise with no rest in between:

level I 6 reps level II 8 reps level III 10 reps

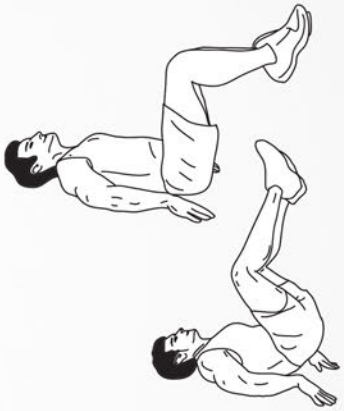
level I 3 sets level II 5 sets level III 7 sets

rest between sets: up to 2 minutes

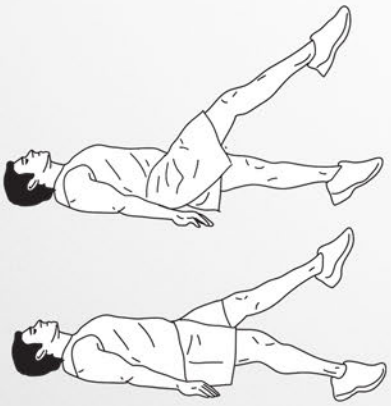


sit-ups

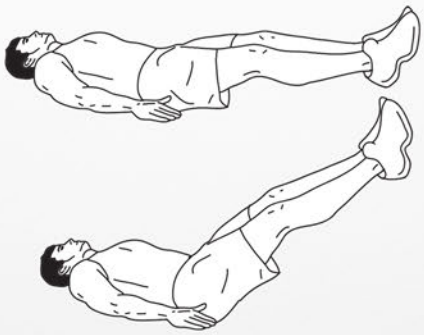
sitting twists



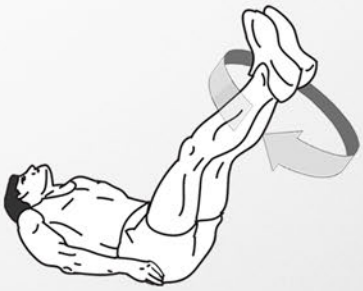
reverse crunches



flutter kicks



leg raises



raised leg circles

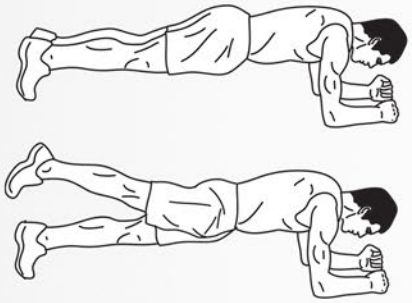
Day 2 | Action Planks

Move from one exercise to the next without breaks

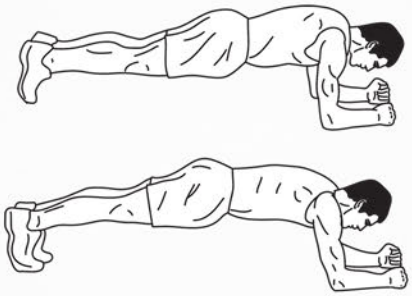
level I 6 reps level II 8 reps level III 10 reps

level I 3 sets level II 5 sets level III 7 sets

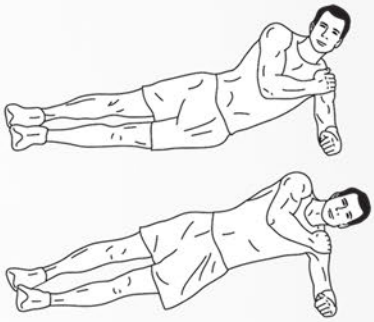
rest between sets: up to 2 minutes



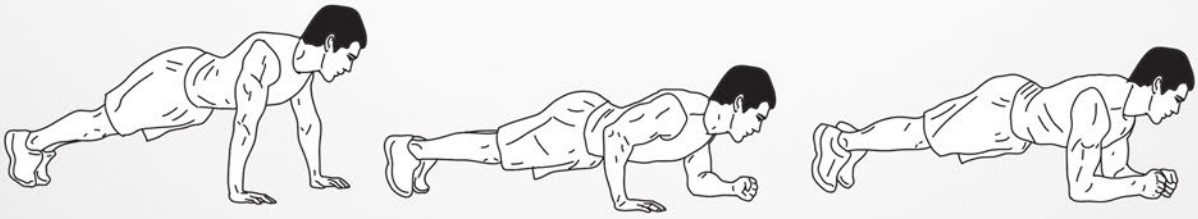
plank leg raises



body saw

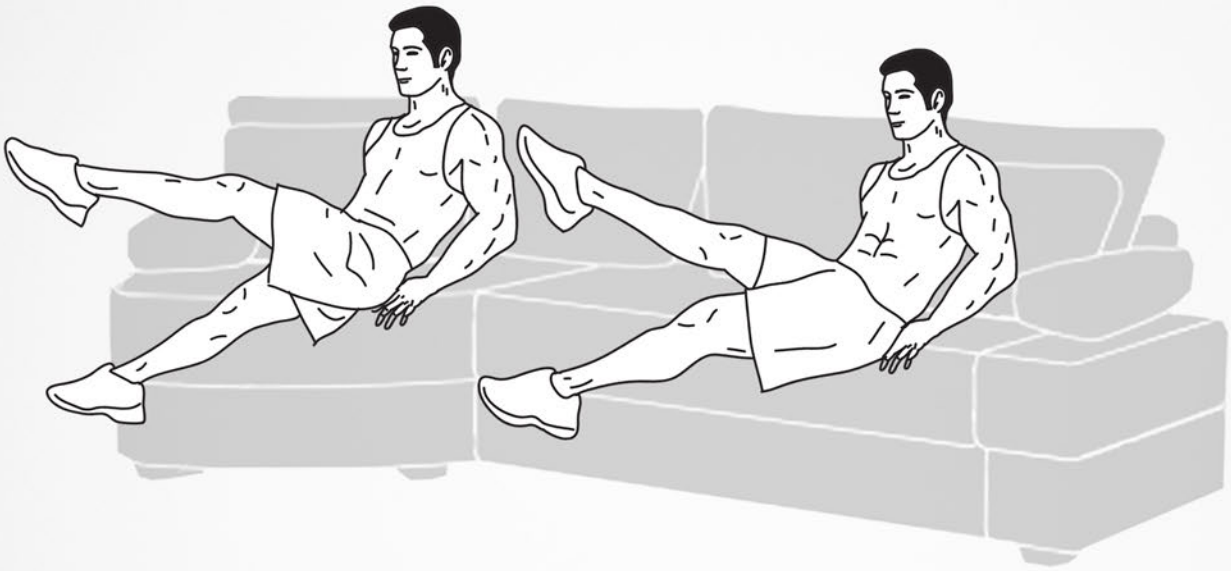


side planks



up and down planks

Day 3 | Flutter Kicks



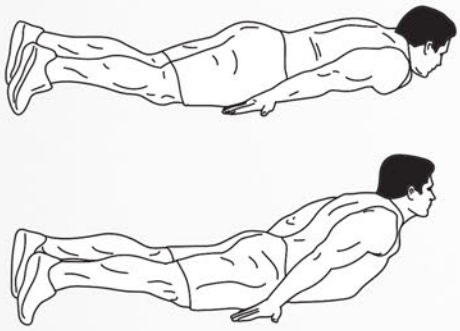
Complete throughout the day:

LEVEL I: 80 reps in total
LEVEL II: 120 reps in total
LEVEL III: 200 reps in total

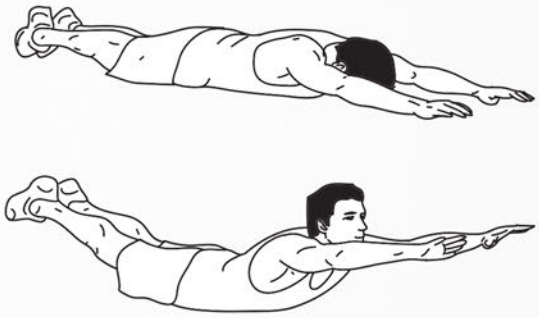
Day 4 | Stretching

3 sets
up to 2 minutes rest between sets

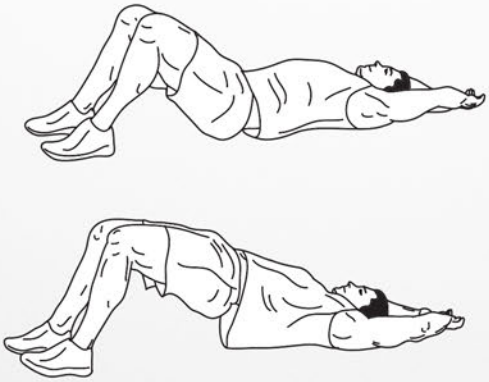
LEVEL I: 8 reps each
LEVEL II: 10 reps each
LEVEL III: 12 reps each



lower back curls



superman stretch



bridges

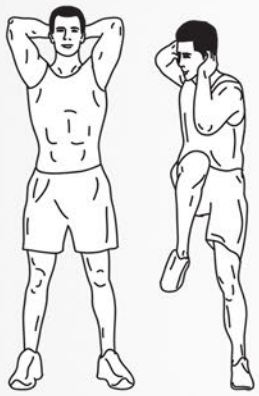
Day 5 | Stand & Deliver

Move from one exercise to the next without breaks

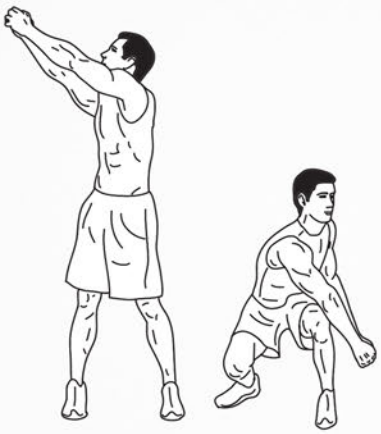
level I 20 reps level II 22 reps level III 24 reps

level I 3 sets level II 5 sets level III 7 sets

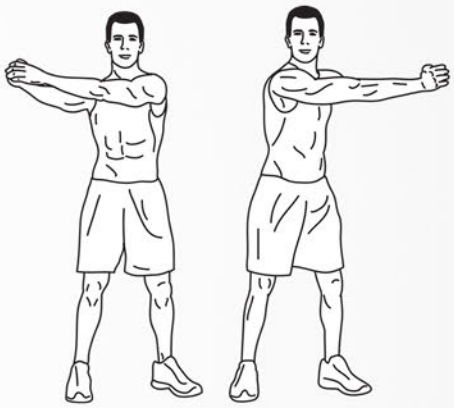
rest between sets: up to 2 minutes



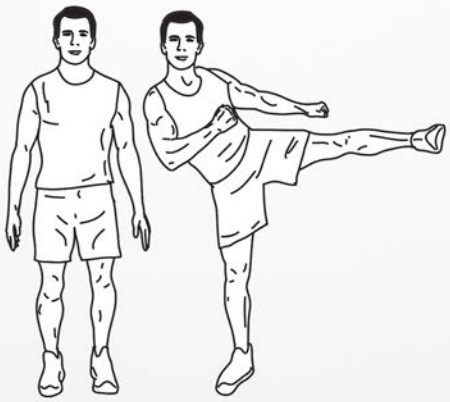
knee-to-elbow march



cross chops



side-to-side chops

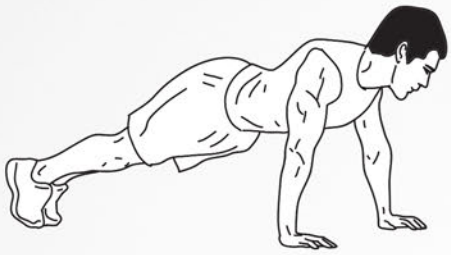


side leg raises

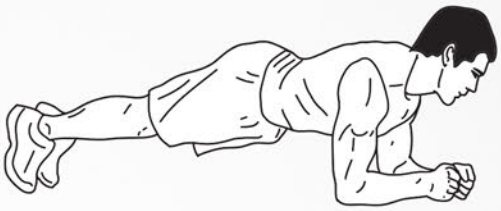
Day 6 | Power Plank

no rest between exercises | hold each exercise for:

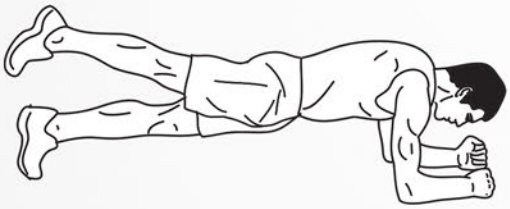
LEVEL I: 10 seconds LEVEL II: 20 seconds LEVEL III: 30 seconds



1 full plank

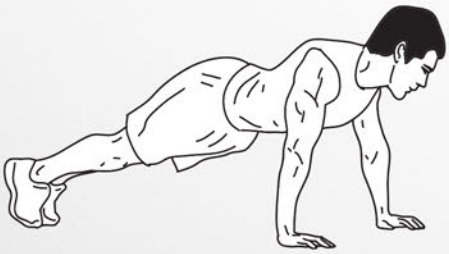


2 elbow plank

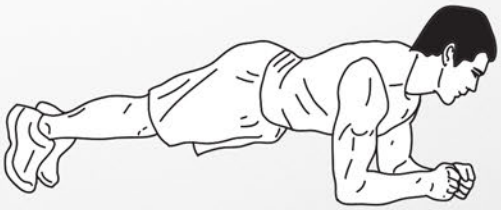


3 raised leg plank
half time - each leg

4 side plank
half time - each side



5 full plank



6 elbow plank

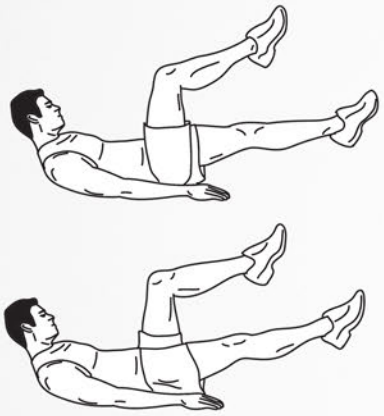
Day 7 | Rocky Abs

Move from one exercise to the next without breaks

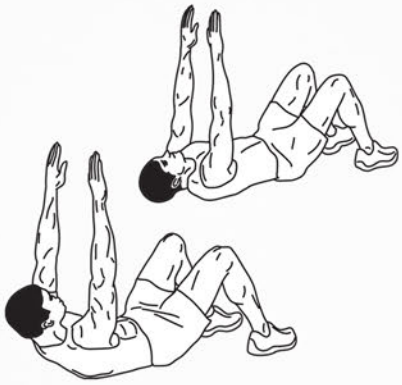
level I 10 reps level II 12 reps level III 14 reps

level I 3 sets level II 5 sets level III 7 sets

rest between sets: up to 2 minutes

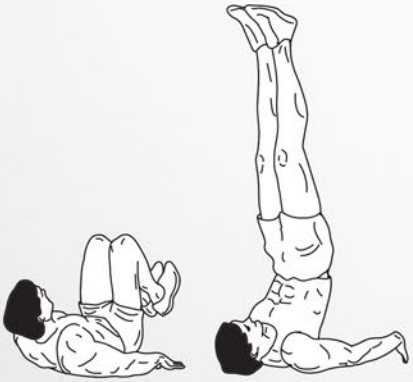


air bike crunches

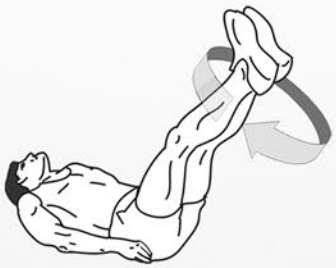


high crunches

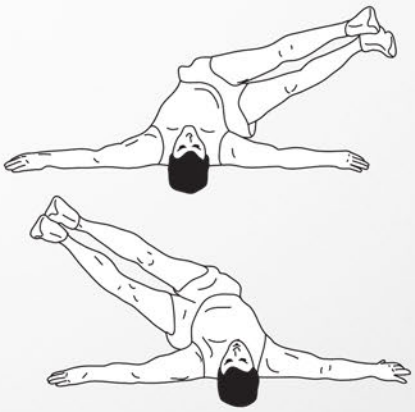
sitting twists



butt-ups



raised leg circles

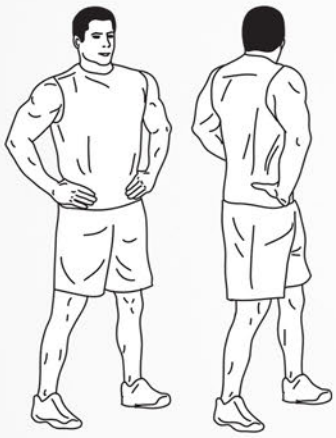


windshield wipers

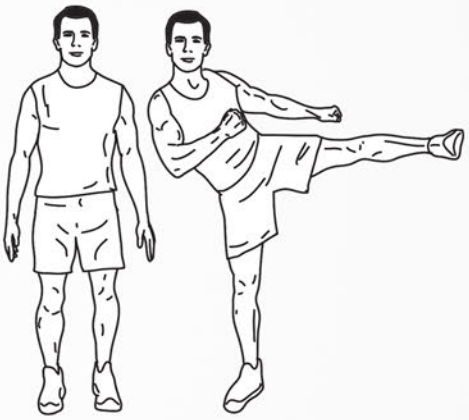
Day 8 | Stretching

3 sets
up to 2 minutes rest between sets

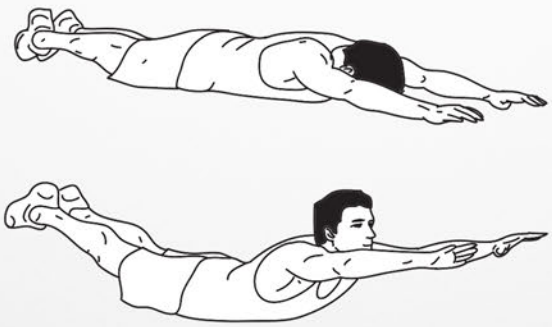
LEVEL I: 10 reps each
LEVEL II: 12 reps each
LEVEL III: 14 reps each



lower back rotations

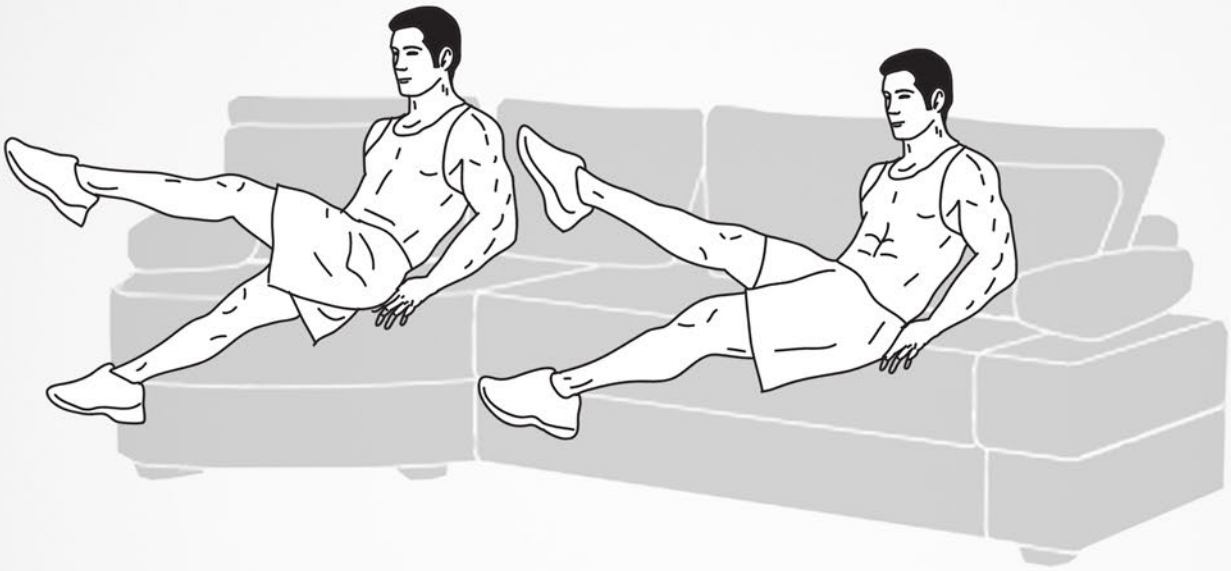


side leg raises



superman

Day 9 | Flutter Kicks



Complete throughout the day:

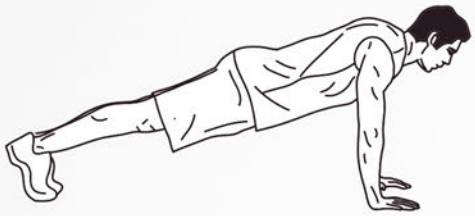
LEVEL I: 140 reps in total
LEVEL II: 200 reps in total
LEVEL III: 260 reps in total

Day 10 | Supernova

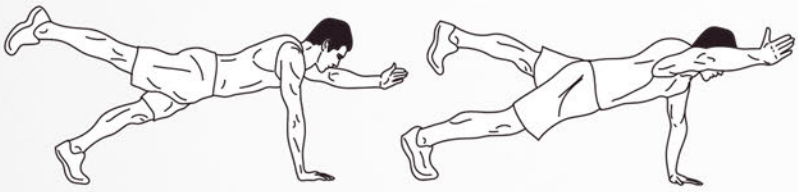
Move from one exercise to the next without breaks

level I 3 sets level II 4 sets level III 5 sets

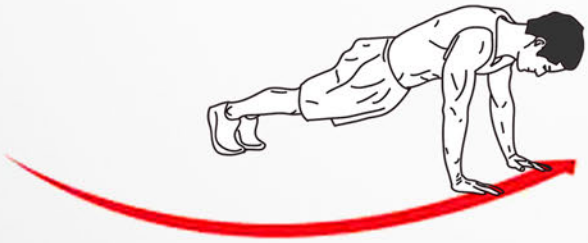
rest between sets: up to 2 minutes



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

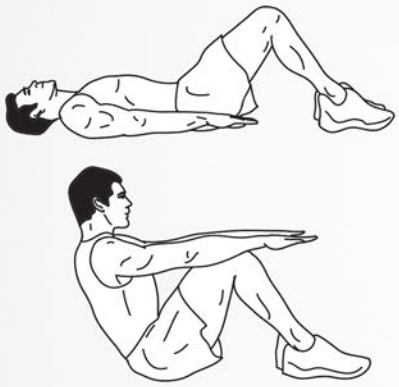
Day 11 | Ab Circuit

Repeat each exercise with no rest in between:

level I 10 reps level II 12 reps level III 14 reps

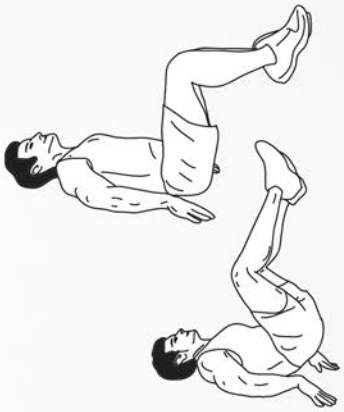
level I 3 sets level II 5 sets level III 7 sets

rest between sets: up to 2 minutes

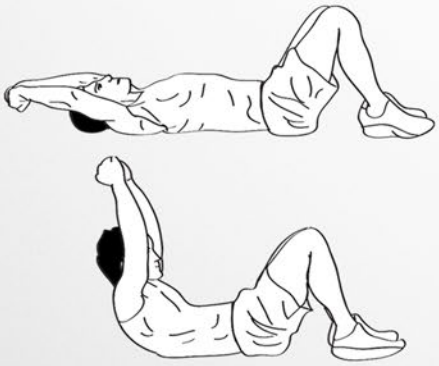


sit-ups

sitting twists



reverse crunches



long arm crunches

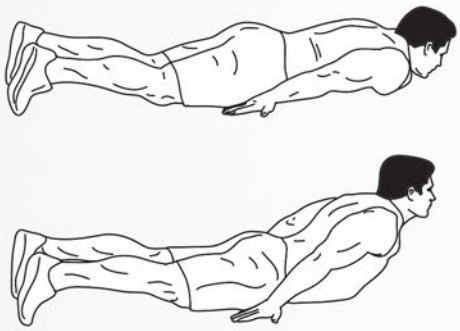
knee-to-elbow crunches

heel taps

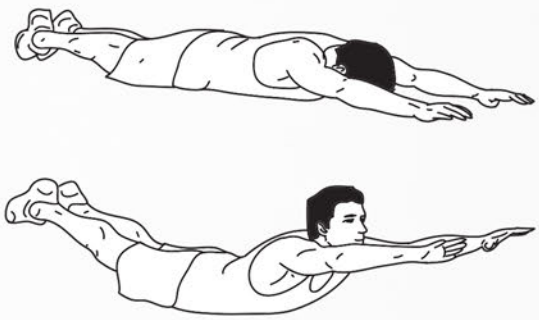
Day 12 | Stretching

3 sets
up to 2 minutes rest between sets

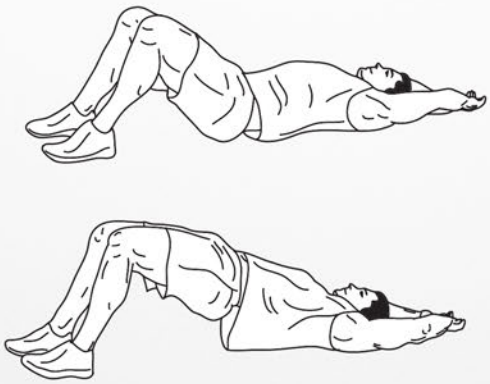
LEVEL I: 12 reps each
LEVEL II: 14 reps each
LEVEL III: 16 reps each



lower back curls



superman stretch



bridges

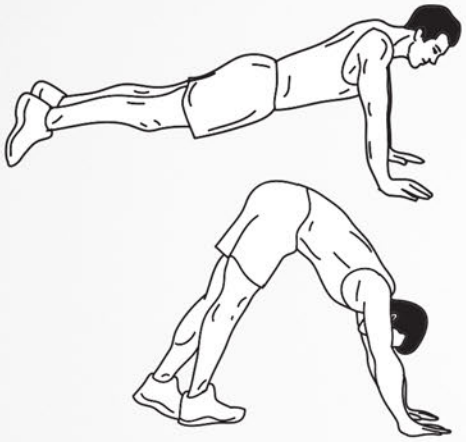
Day 13 | Dynamic Planks

Repeat each exercise with no rest in between:

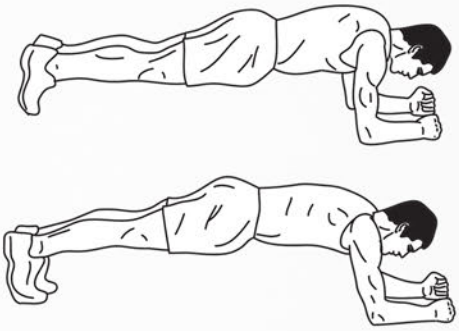
level I 6 reps level II 8 reps level III 10 reps

level I 3 sets level II 5 sets level III 7 sets

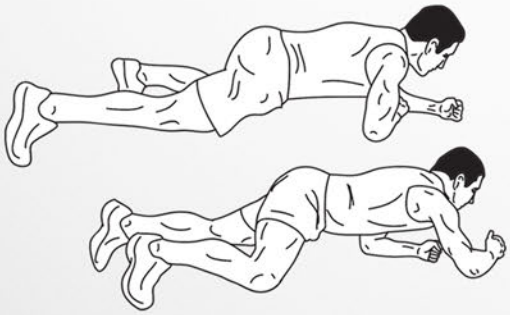
rest between sets: up to 2 minutes



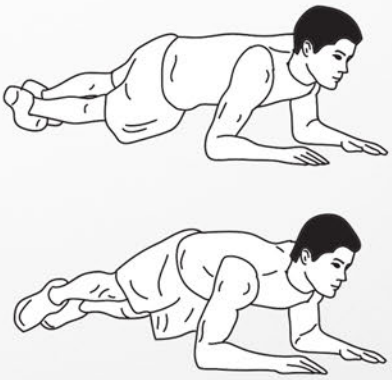
inch worm



body saw



plank (army) crawl



plank rolls

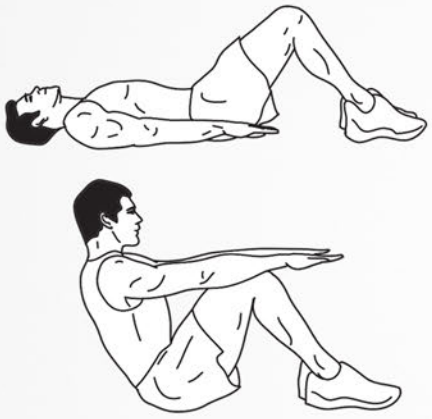
Day 14 | Reach for it

Move from one exercise to the next without breaks

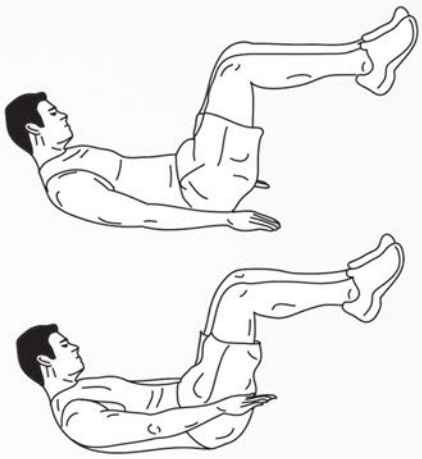
level I 10 reps level II 12 reps level III 14 reps

level I 3 sets level II 5 sets level III 7 sets

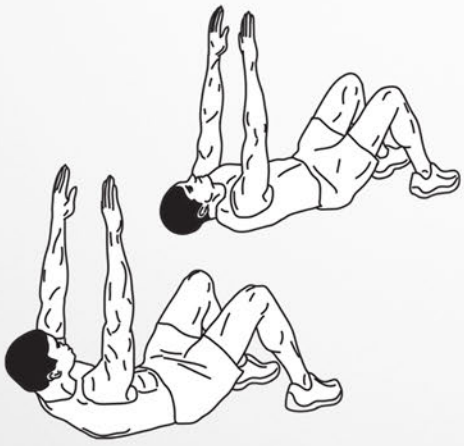
rest between sets: up to 2 minutes



sit-ups with forward reach



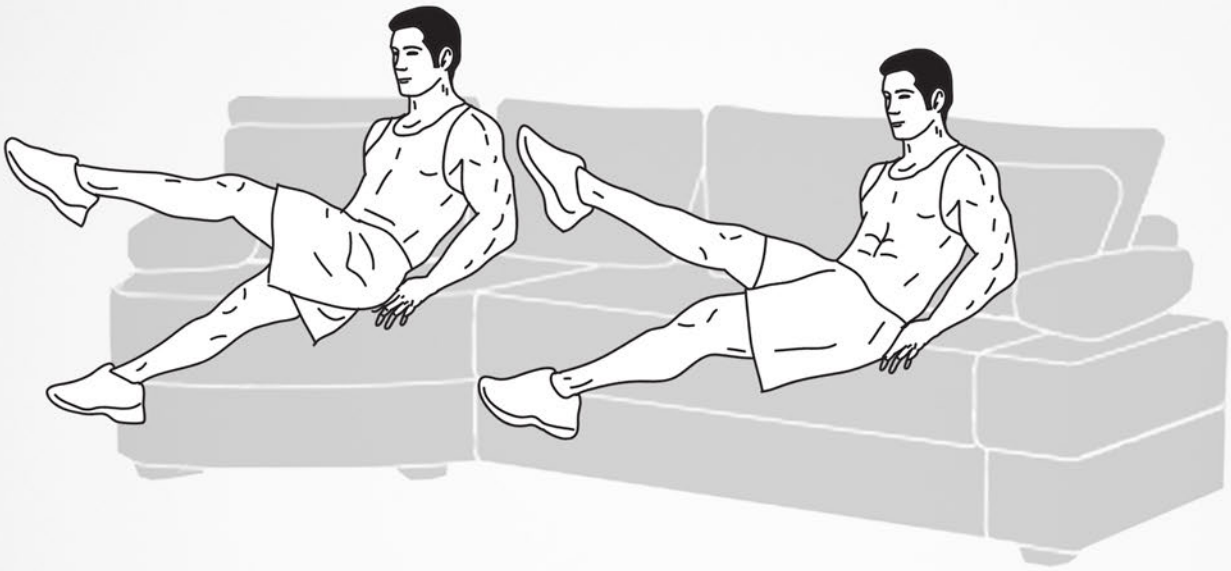
hundreds



high crunches

heel taps

Day 15 | Flutter Kicks



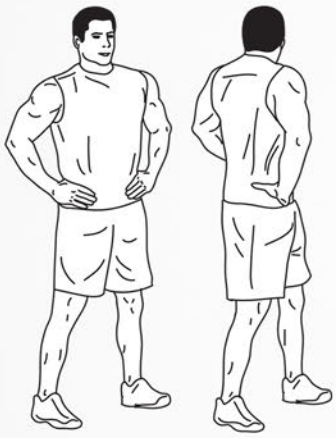
Complete throughout the day:

LEVEL I: 240 reps in total
LEVEL II: 300 reps in total
LEVEL III: 420 reps in total

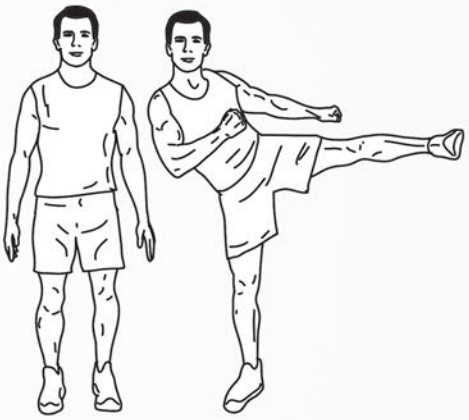
Day 16 | Stretching

3 sets
up to 2 minutes rest between sets

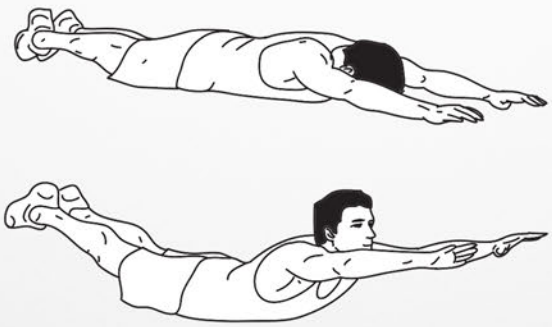
LEVEL I: 14 reps each
LEVEL II: 16 reps each
LEVEL III: 18 reps each



lower back rotations



side leg raises



superman

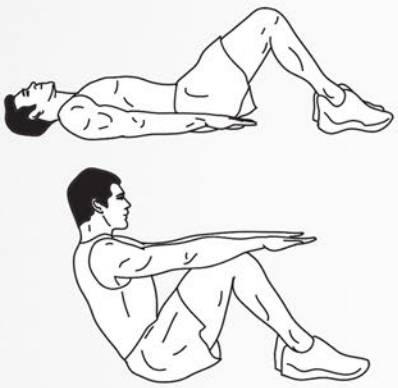
Day 17 | Ab Circuit

Repeat each exercise with no rest in between:

level I 12 reps level II 14 reps level III 16 reps

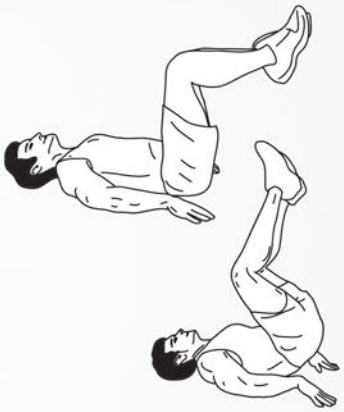
level I 3 sets level II 5 sets level III 7 sets

rest between sets: up to 2 minutes

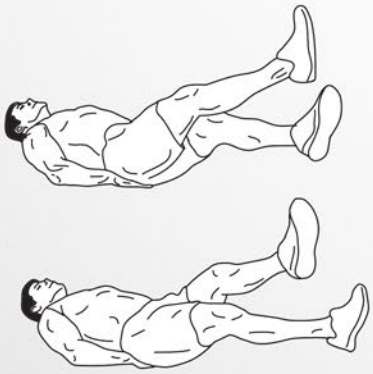


sit-ups

knee-to-elbow crunches

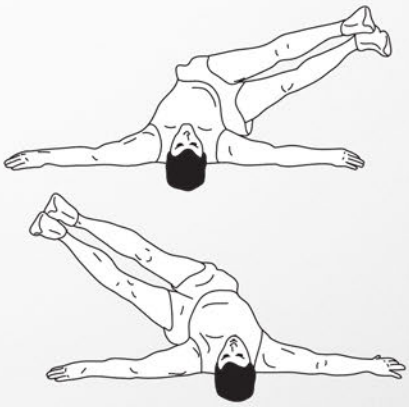


reverse crunches



scissors

side jack knives



windshield wipers

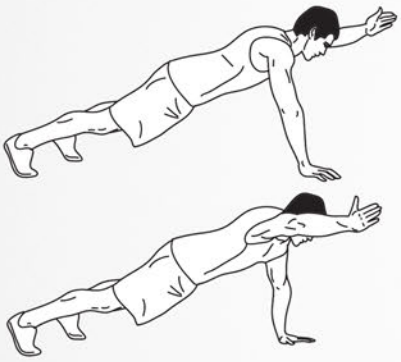
Day 18 | Action Planks

Move from one exercise to the next without breaks

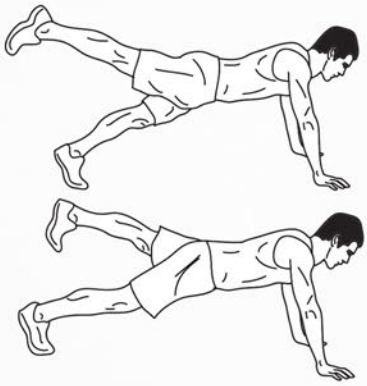
level I 14 reps level II 16 reps level III 18 reps

level I 3 sets level II 5 sets level III 7 sets

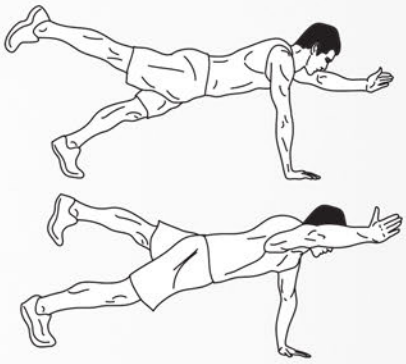
rest between sets: up to 2 minutes



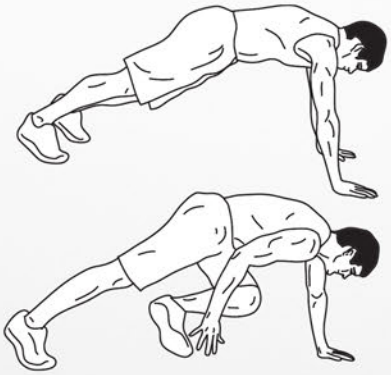
plank arm raises



plank leg raises



plank alt arm / leg raises



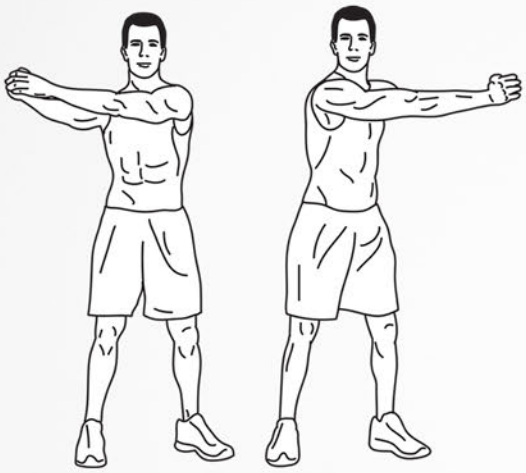
toe tap climbers

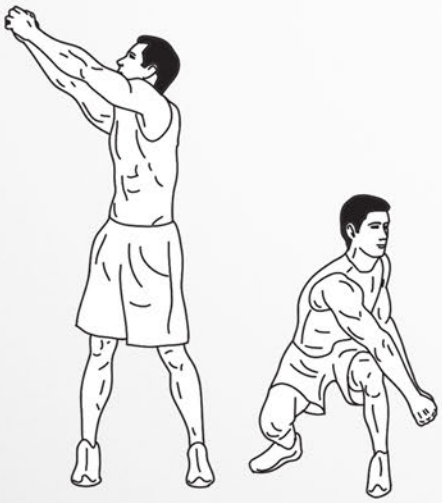
Day 19 | Chopper

Move from one exercise to the next without breaks

level I 3 sets level II 5 sets level III 7 sets

rest between sets: up to 2 minutes





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

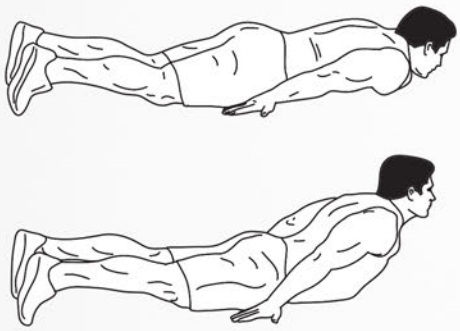
20 cross chops

Make it harder: hold a light dumbbell as you swing

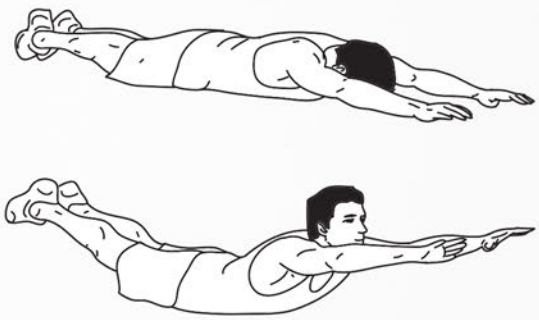
Day 20 | Stretching

3 sets
up to 2 minutes rest between sets

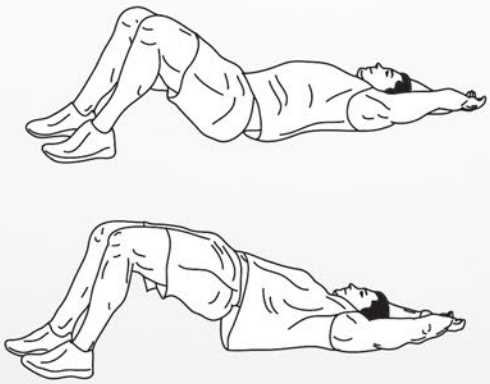
LEVEL I: 18 reps each
LEVEL II: 20 reps each
LEVEL III: 22 reps each



lower back curls



superman stretch



bridges

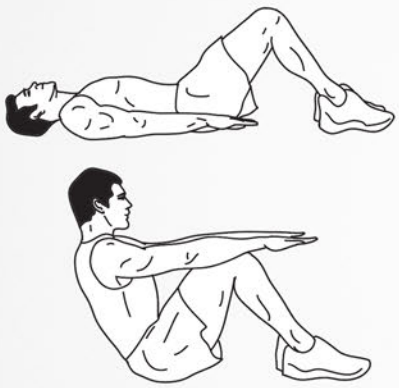
Day 21 | Ab Circuit

Repeat each exercise with no rest in between:

level I 14 reps level II 16 reps level III 18 reps

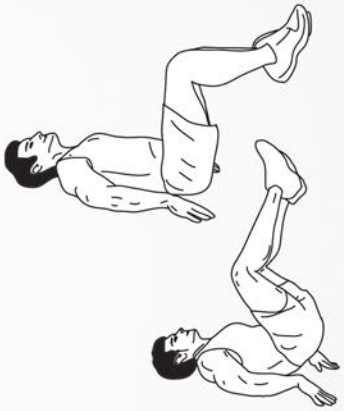
level I 3 sets level II 5 sets level III 7 sets

rest between sets: up to 2 minutes

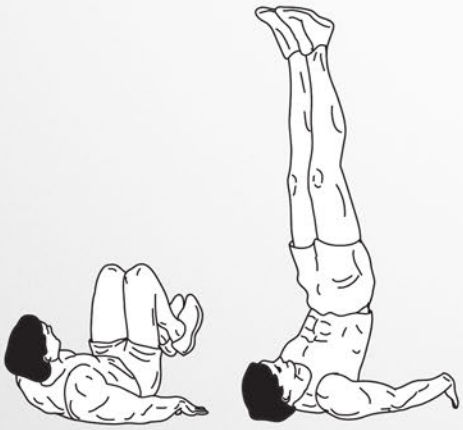


sit-ups

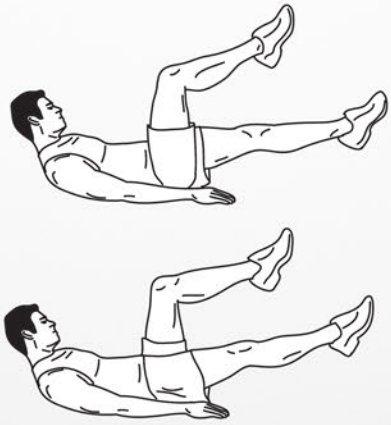
sitting twists



reverse crunches



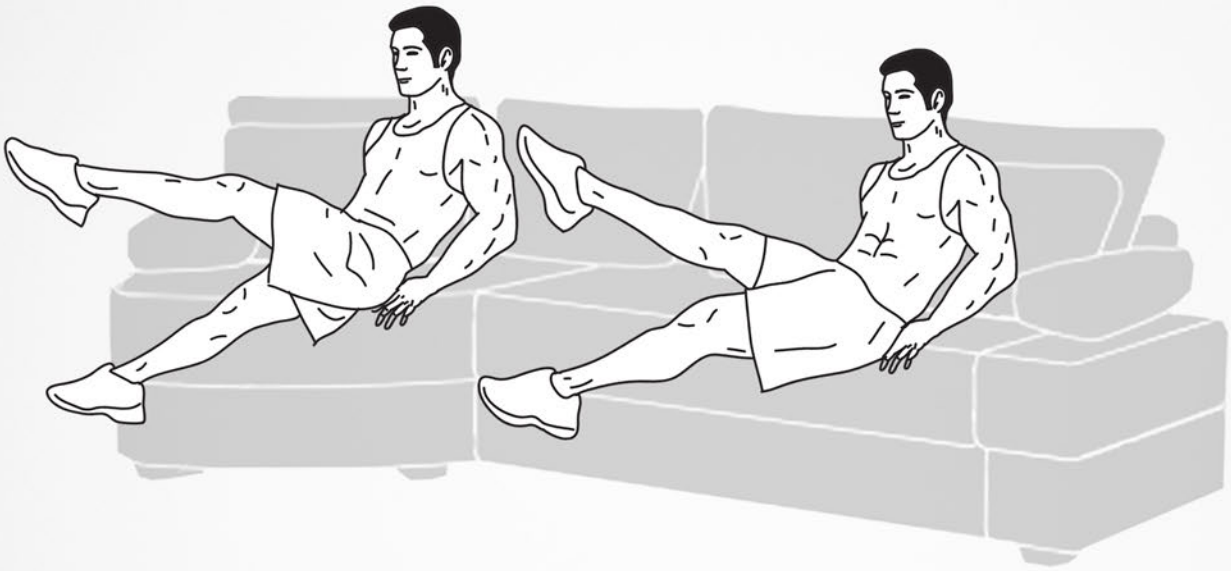
butt ups



air bike crunches

heel taps

Day 22 | Flutter Kicks



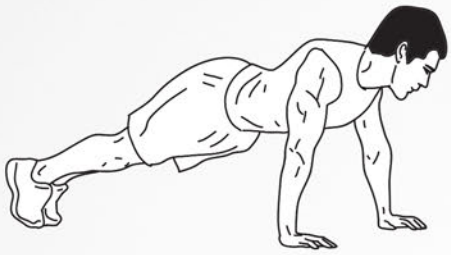
Complete throughout the day:

LEVEL I: 320 reps in total
LEVEL II: 440 reps in total
LEVEL III: 520 reps in total

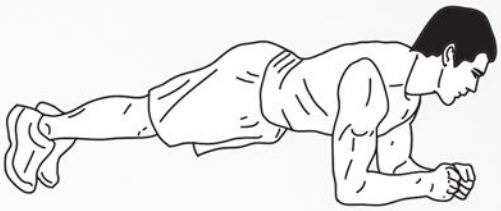
Day 23 | Power Plank

no rest between exercises | hold each exercise for:

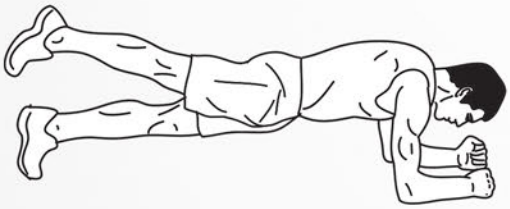
LEVEL I: 20 seconds LEVEL II: 30 seconds LEVEL III: 40 seconds



1 full plank

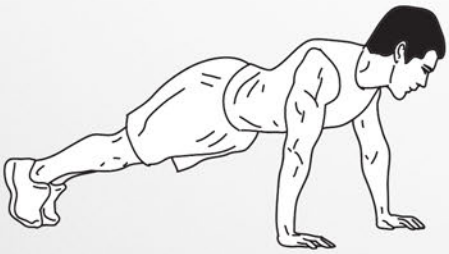


2 elbow plank

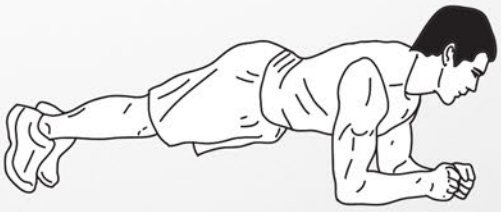


3 raised leg plank
half time - each leg

4 side plank
half time - each side



5 full plank

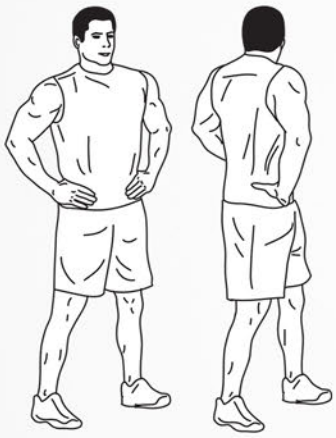


6 elbow plank

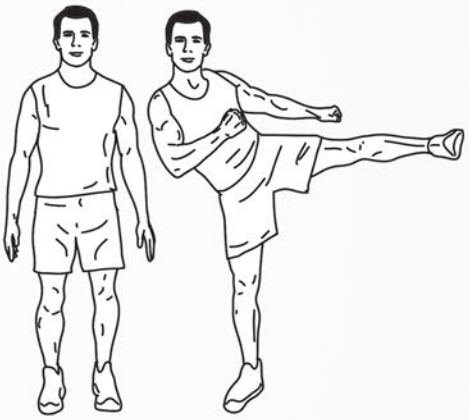
Day 24 | Stretching

3 sets
up to 2 minutes rest between sets

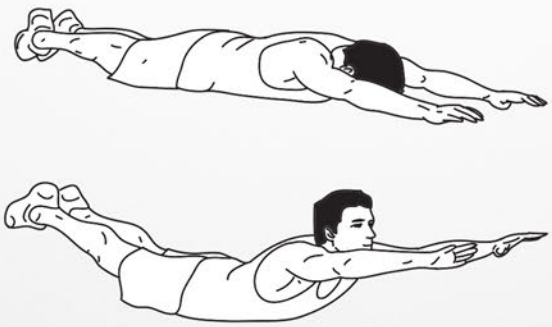
LEVEL I: 20 reps each
LEVEL II: 22 reps each
LEVEL III: 24 reps each



lower back rotations



side leg raises



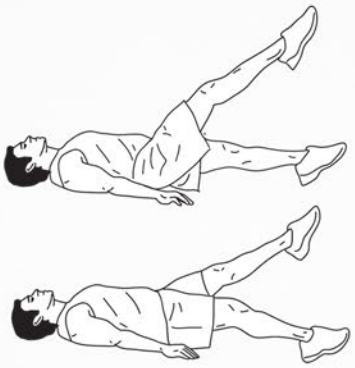
superman

Day 25 | 2 minute abs

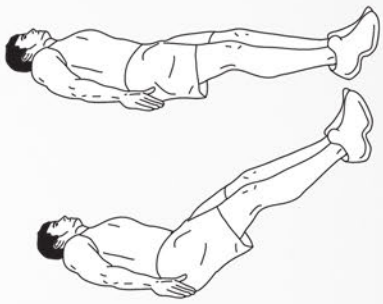
Repeat the routine twice: in the morning & in the evening

20 seconds each exercise | go as fast as you can

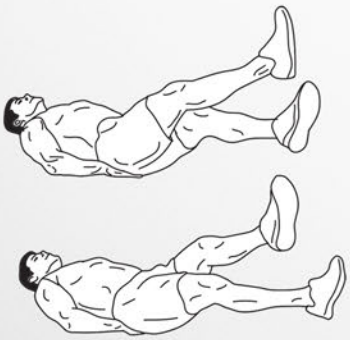
knee-to-elbow crunches



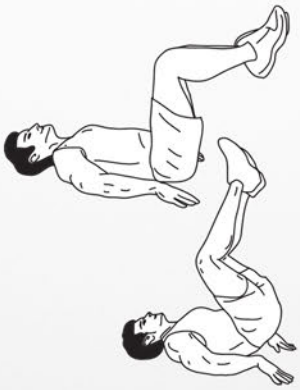
flutter kicks



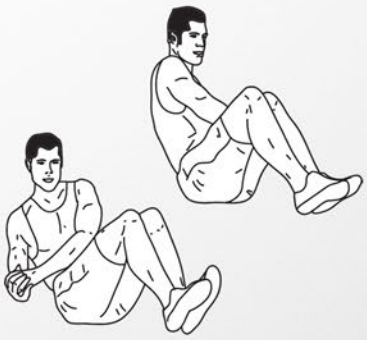
leg raises



scissors



reverse crunches



sitting twists

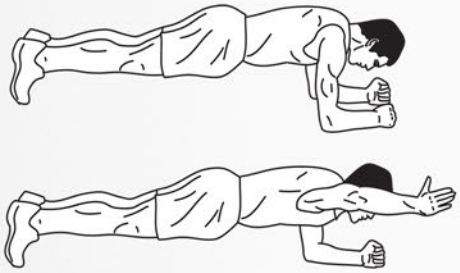
Day 26 | Action Planks

Move from one exercise to the next without breaks

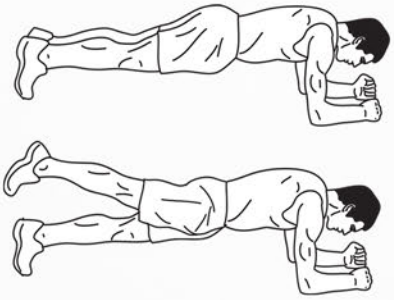
level I 16 reps level II 18 reps level III 20 reps

level I 3 sets level II 5 sets level III 7 sets

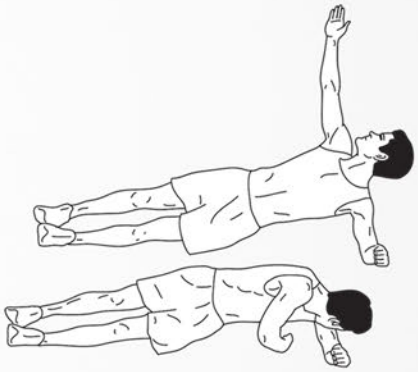
rest between sets: up to 2 minutes



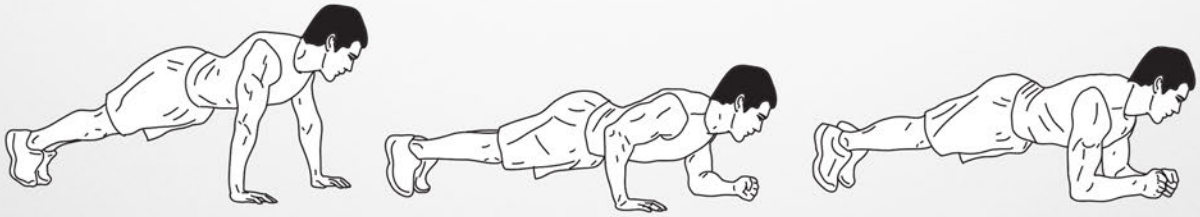
plank arm raises



plank leg raises

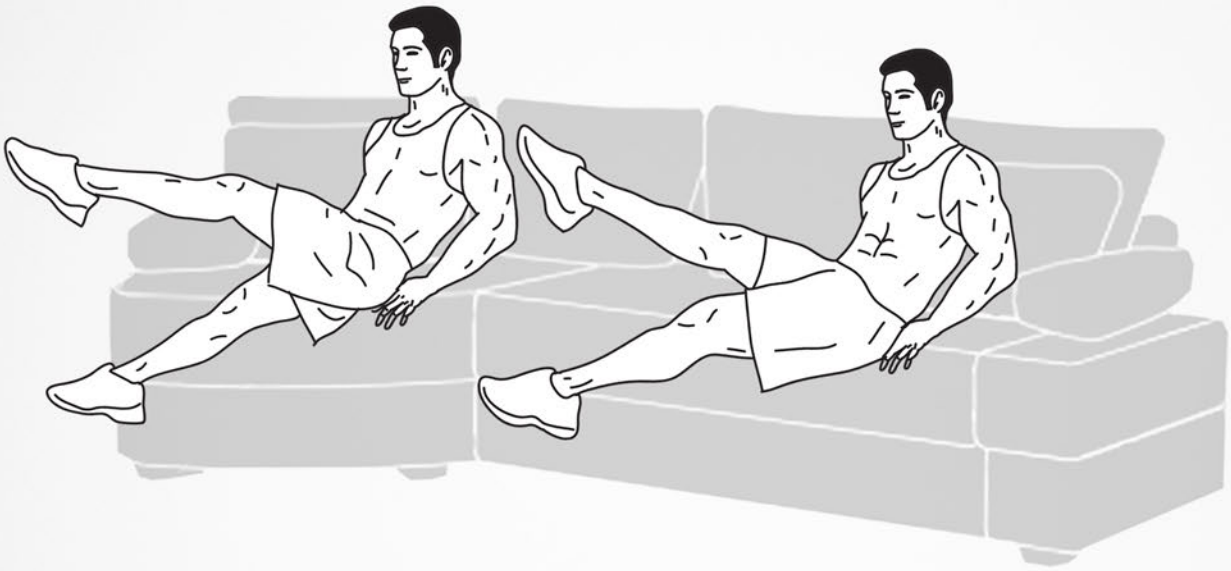


side plank rotations



up and down planks

Day 27 | Flutter Kicks



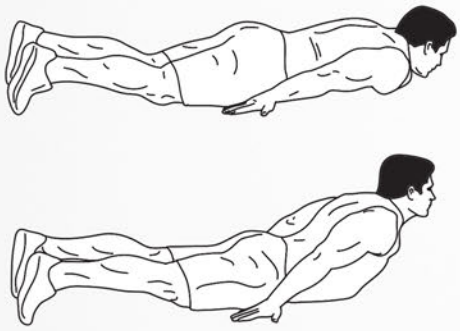
Complete throughout the day:

LEVEL I: 400 reps in total
LEVEL II: 500 reps in total
LEVEL III: 600 reps in total

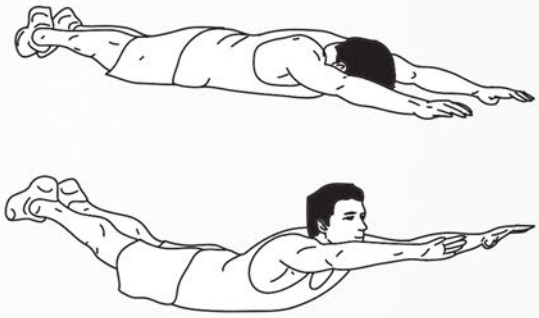
Day 28 | Stretching

3 sets
up to 2 minutes rest between sets

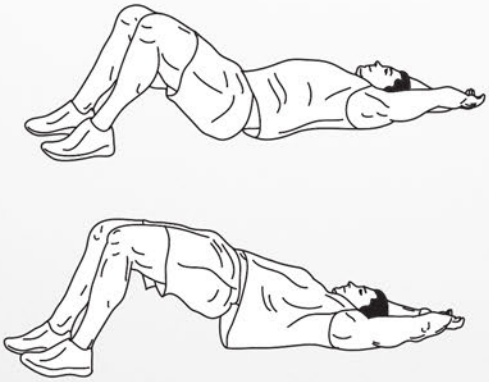
LEVEL I: 20 reps each
LEVEL II: 22 reps each
LEVEL III: 24 reps each



lower back curls



superman stretch



bridges

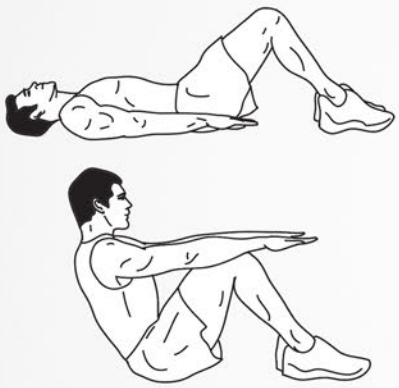
Day 29 | Ab Circuit

Repeat each exercise with no rest in between:

level I 20 reps level II 22 reps level III 24 reps

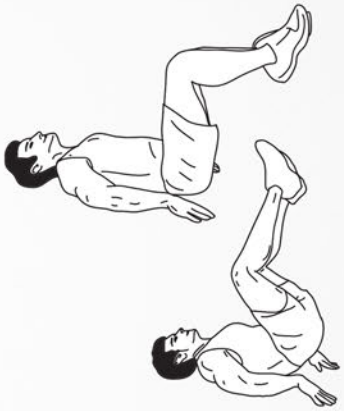
level I 3 sets level II 5 sets level III 7 sets

rest between sets: up to 2 minutes

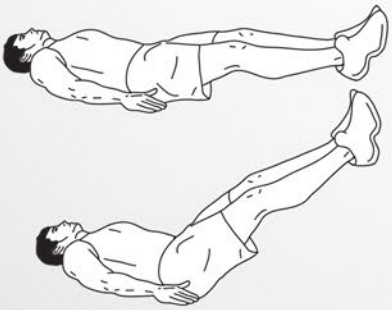


sit-ups

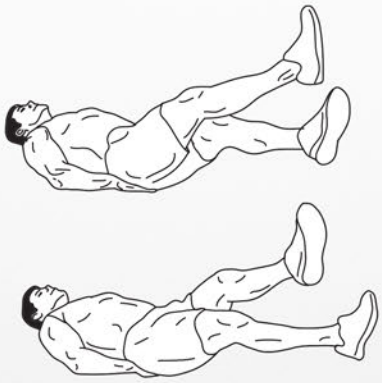
sitting twists



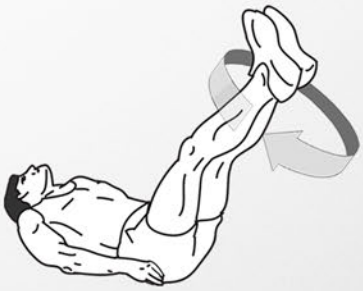
reverse crunches



leg raises



scissors

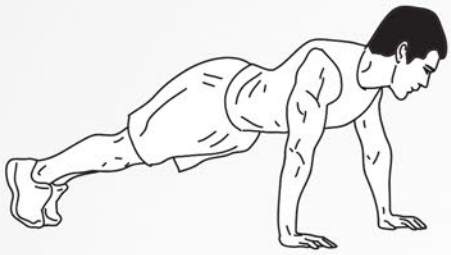


raised leg circles

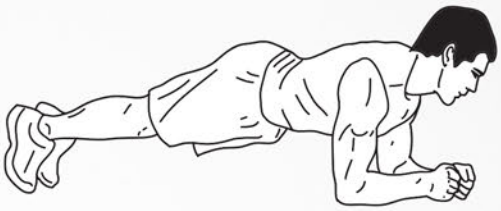
Day 30 | Power Plank

no rest between exercises | hold each exercise for:

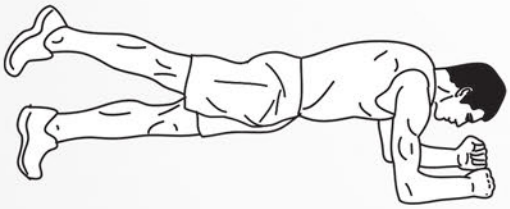
LEVEL I: 30 seconds LEVEL II: 40 seconds LEVEL III: 60 seconds



1 full plank

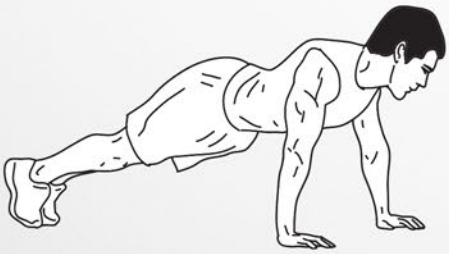


2 elbow plank

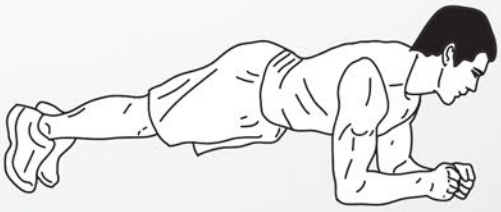


3 raised leg plank
half time - each leg

4 side plank
half time - each side



5 full plank



6 elbow plank

visual workouts and fitness programs at

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