

# 30-Day Abs Challenge

Day 1	<b>Exercises</b> Dead bug, sit-up, Russian twist <b>Time</b> 30sec each
Day 2	<b>Exercises</b> Dead bug, sit-up, Russian twist <b>Time</b> 40sec each
Day 3	<b>Exercises</b> Dead bug, sit-up, Russian twist <b>Time</b> 50sec each
Day 4	<b>Exercises</b> Dead bug, sit-up, Russian twist <b>Time</b> 60sec each
Day 5	<b>Exercise</b> High knees <b>Sets</b> 5 <b>Time</b> 40sec <b>Rest</b> 20sec
Day 6	<b>Exercises</b> Dead bug, sit-up, Russian twist <b>Time</b> 60sec each
Day 7	Rest
Day 8	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise <b>Time</b> 30sec each
Day 9	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise <b>Time</b> 40sec each
Day 10	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise <b>Time</b> 50sec each
Day 11	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise <b>Time</b> 60sec each
Day 12	<b>Exercise</b> Frogger <b>Sets</b> 5 <b>Time</b> 40sec <b>Rest</b> 20sec
Day 13	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise <b>Time</b> 60sec each
Day 14	Rest
Day 15	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers <b>Time</b> 30sec each
Day 16	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers <b>Time</b> 40sec each
Day 17	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers <b>Time</b> 50sec each
Day 18	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers <b>Time</b> 60sec each
Day 19	<b>Exercise</b> Tuck jump <b>Sets</b> 5 <b>Time</b> 40sec <b>Rest</b> 20sec
Day 20	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers <b>Time</b> 60sec each
Day 21	Rest
Day 22	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank <b>Time</b> 30sec each
Day 23	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank <b>Time</b> 40sec each
Day 24	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank <b>Time</b> 50sec each
Day 25	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank <b>Time</b> 60sec each
Day 26	<b>Exercise</b> Burpee <b>Sets</b> 5 <b>Time</b> 40sec <b>Rest</b> 20sec
Day 27	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank <b>Time</b> 60sec each
Day 28	Rest
Day 29	<b>Exercises</b> High knees, frogger, tuck jump, burpee <b>Rounds</b> 3 <b>Time</b> 40sec <b>Rest</b> 20sec
Day 30	<b>Exercises</b> Dead bug, sit-up, Russian twist, leg raise, mountain climbers, walking plank <b>Rounds</b> 2 <b>Time</b> 60sec each

### Dead bug

Lie on your back with your arms extended towards the ceiling and your legs raised with your knees bent at a 90° angle. Simultaneously lower your right leg, straightening it as you do, and left arm towards the ground, until they are just above the floor, then bring them back up and repeat with the opposite limbs.

### Sit-up

Lie on your back with your legs bent at the knees and your feet on the floor. Use your core muscles to lift your torso off the ground until it is vertical, then lower back to the start.

### Russian twist

Sit on the floor with your legs bent at the knees and feet held just above the ground. Lean back so your upper body is at a 45° angle to the floor. Link your hands together in front of your chest then twist your torso from side to side.

### Leg raise

Lie on your back. Keeping your legs as straight as you can, raise them until the soles of your feet are facing the ceiling. Lower slowly back to the start.

### Mountain climber

From a press-up position, bring one knee up to your chest at pace, then the other. Continue, alternating knees.

### Walking plank

From a plank position supported by your forearms, move one hand at a time to get up into a press-up position, then drop back onto your forearms one arm at a time.

### High knees

Run on the spot, bringing your knees as close to your chest as possible.

### Frogger

From a press-up position jump both legs forwards so that your feet land outside your hands. Then jump your feet back to the starting position.

### Tuck jump

From standing, jump as high as you can, lifting your knees towards your chest. Land softly and go straight into another jump.

### Burpee

From standing, drop into a press-up position (and do a press-up, if you like), then jump your feet back to your hands, stand up and leap straight up. Land softly and repeat.