

4-Week Ab Challenge

Week 1 & Week 3

Push Through – 25 reps

Bicycle Crunch – 25 each side

Burpees – 10 reps

Vertical Leg Lifts – 25 reps

Russian Twist – 25 each side

Burpees – 10 reps

Rest 1 minute

Week 2 & Week 4

Mountain Climbers – 20 secs

Rest – 10 secs

Cross Scissors – 20 secs

Rest – 10 secs

Flutter Kicks – 20 secs

Rest – 10 secs

4 times abs – 20 secs

Rest – 10 seconds

Plank – 1 minute

Rest – 10 seconds

Jumping jacks – 1 minute

Rest – 1 minute

*Week 1 & 2 – Repeat 2 sets

*Week 3 & 4 – Repeat 3 sets

*Do this 5 times in a week.

*Focus on proper technique.

*Drink 3-4 litres of water each day.

*No sodas, fast food and junk food.

*Eat clean & follow my “Full Meal Plan”

*Eat regularly in small portions.

*After the challenge has ended,

continue doing ab workouts

3 times weekly.