



Take The 30-Day Abs Challenge..... in the comfort of your own home

This workout uses only bodyweight exercises so you can do them anywhere and anytime you have a spare moment, making it easier to stick to the plan. Even better, the exercises are suitable for all fitness levels.

Each week of the plan involves doing the same workout for five days, increasing the difficulty of the workout by adding ten seconds to the time you perform each exercise each day until you hit 60 seconds. The timer resets at the start of the next week, but you also add an exercise to the workout. So, in week 1 you're doing a three-move workout, in week 2 a four-move workout, and so on.

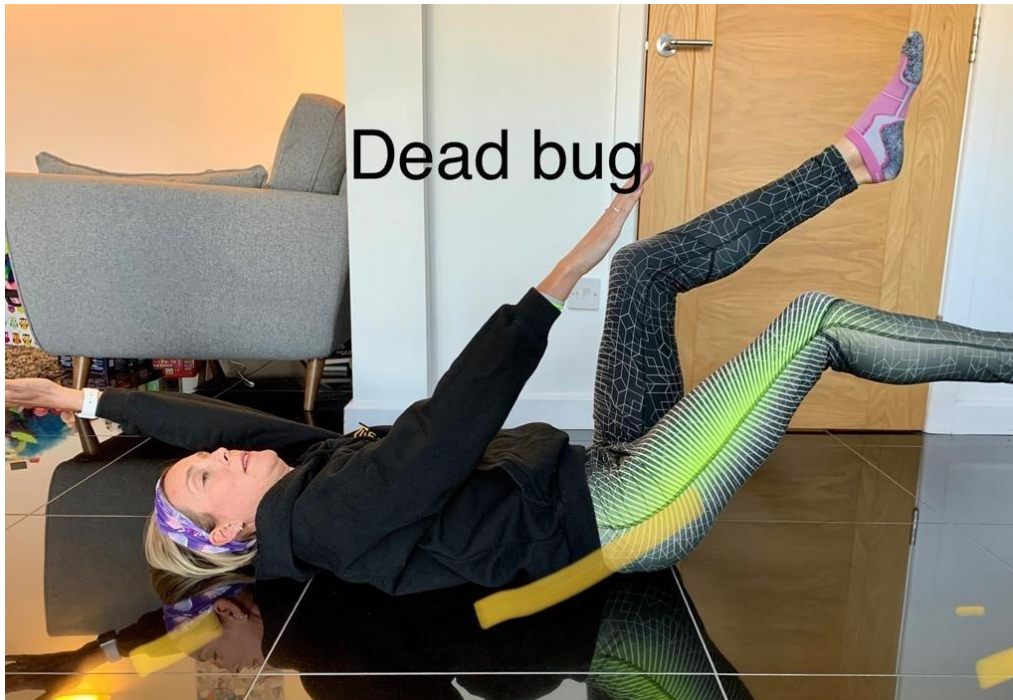
You'll also up the intensity once a week with a HIIT Workout done at an interval ratio of 40 seconds' work, 20 seconds' rest, for five sets. "The HIIT will improve your endurance and burn the fat.

Take a look at our 30-day Abs workout below:

Abs Exercises Form Guides

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 Raises:

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 Climbers:

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.

Continue the workout... Continue to the next page



HIIT Exercises Form Guides

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.

Take a look at the next page for the 30-day Ab challenge schedule

<p>DAY 1</p> <p>Dead bug, sit-up, Russian twist 30sec each</p>	<p>DAY 2</p> <p>Dead bug, sit-up, Russian twist 40sec each</p>
<p>DAY 3</p> <p>Dead bug, sit-up, Russian twist 50sec each</p>	<p>DAY 4</p> <p>Dead bug, sit-up, Russian twist 60sec each</p>
<p>DAY 5</p> <p>HIIT: High knees Work 40sec, rest 20sec, repeat 5 times</p>	<p>DAY 6</p> <p>Dead bug, sit-up, Russian twist 60sec each</p>
<p>DAY 7</p> <p>REST</p>	<p>DAY 8</p> <p>Dead bug, sit-up, Russian twist, leg raise 30sec each</p>
<p>DAY 9</p> <p>Dead bug, sit-up, Russian twist, leg raise 40sec each</p>	<p>DAY 10</p> <p>Dead bug, sit-up, Russian twist, leg raise 50sec each</p>
<p>DAY 11</p> <p>Dead bug, sit-up, Russian twist, leg raise 60sec each</p>	<p>DAY 12</p> <p>HIIT: Frogger Work 40sec, rest 20sec, repeat 5 times</p>
<p>DAY 13</p> <p>Dead bug, sit-up, Russian twist, leg raise 60sec each</p>	<p>DAY 14</p> <p>REST</p>
<p>DAY 15</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber 30sec each</p>	<p>DAY 16</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber 40sec each</p>
<p>DAY 17</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber 50sec each</p>	<p>DAY 18</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber 60sec each</p>
<p>DAY 19</p> <p>HIIT: Tuck jump Work 40sec, rest 20sec, repeat 5 times</p>	<p>DAY 20</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber 60sec each</p>
<p>DAY 21</p> <p>REST</p>	<p>DAY 22</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber, walking plank 30sec each</p>
<p>DAY 23</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber, walking plank 40sec each</p>	<p>DAY 24</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber, walking plank 50sec each</p>
<p>DAY 25</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber, walking plank 60sec each</p>	<p>DAY 26</p> <p>HIIT: Burpee Work 40sec, rest 20sec, repeat 5 times</p>
<p>DAY 27</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber, walking plank 60sec each</p>	<p>DAY 28</p> <p>REST</p>
<p>DAY 29</p> <p>HIIT: High knees, frogger, tuck jump, burpee Work 40sec, rest 20sec, complete 3 rounds</p>	<p>DAY 30</p> <p>Dead bug, sit-up, Russian twist, leg raise, mountain climber, walking plank 60sec each, complete 2 rounds</p>