

30 DAY AB WORKOUT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ab Routine #1		Ab Routine #2		Ab Routine #3	
		Ab Routine #4		Ab Routine #5		Ab Routine #1
	Ab Routine #2		Ab Routine #3		Ab Routine #4	
		Ab Routine #1		Ab Routine #2		Ab Routine #3
	Ab Routine #4		Ab Routine #5		Ab Routine #1	

Ab Routine #1	Ab Routine #2	Ab Routine #3	Ab Routine #4	Ab Routine #5
Plank 20 seconds	Supermans 10 reps 3 sets	Russian Twists 20 reps Each side	Boat Pose 30 seconds	Jack knife sit-ups 10 reps 3 sets
Jack knife sit-ups 10 reps 3 sets	Plank 25 seconds	Reverse crunch 10 reps 3 sets	Side Planks 30 seconds Each side	Supermans 15 reps 3 sets
Russian Twists 15 reps Each side	Standing Side Bend 45 seconds Each side	Plank 35 seconds	Standing Side Bend 45 seconds Each side	Russian Twists 15 reps Each side
Supermans 15 reps 3 sets	Reverse crunch 10 reps 2 sets	Jack knife sit-ups 15 reps 3 sets	Plank 30 seconds	Standing Side Bend 45 seconds Each side
Boat Pose 20 seconds	Side Planks 20 seconds Each side	Boat Pose 20 seconds	Russian Twists 20 reps Each side	Plank 40 seconds