

Equipment:



21-DAY

ABS PROGRAM



PLAN INTRODUCTION

An abs challenge is an excellent place to start if you're limited on time but still want to significantly change your body. Your core is the source of your stability and power, so strengthening it will help you get more out of any workout you perform. Additionally, strengthening your entire core, including your back and abdominal muscles, will help you avoid low back pain and enhance your posture, making you appear taller.

In this core-strengthening program, you'll use 10 different exercises — from planks to deadbugs — over 21 days to build strong abs.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.



WORKOUT PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Plank 2x30 seconds Side Plank 2x20 seconds each side	2 Deadbugs 2x5 reps each side Pallof Press 2x8 reps each side	3 Plank 2x45 seconds Side Plank 2x30 seconds each side	4 Deadbugs 2x8 seconds Pallof Press 2x10 reps each side	5 Plank 2x60 seconds Side Plank 2x45 seconds each side	6 Deadbugs 2x10 seconds Pallof Press 2x12 seconds each side	7 SB Bodysaw 2x10 reps Side Plank With Leg 2x20 seconds each side
8 Stir-the-Pot 2x6 reps each direction Salute Planks 2x4 reps each side	9 SB Bodysaw 2x15 reps Side Plank With Leg Lift 2x30 seconds each side	10 Stir-the-Pot 2x8 reps each direction Salute Planks 2x6 reps each side	11 SB Bodysaw 2x20 reps Side Plank With Leg Lift 2x45 seconds each side	12 Stir-the-Pot 2x10 reps each direction Salute Planks 2x8 reps each side	13 Plank 3x60 seconds Side Plank 3x60 seconds each side	14 Deadbugs 3x10 reps each side Pallof press 3x15 seconds each side
15 SB Bodysaw 3x20 seconds Side Plank With Leg Lift 3x60 seconds each side	16 Stir-the-Pot 3x10 reps each direction Salute Planks 3x8 reps each side	17 Rollouts 2x8 reps Tall Kneeling Kettlebell Halo 2x 5 reps each direction	18 Rollouts 2x10 reps Tall Kneeling Kettlebell Halo 2x8 reps each direction	19 Rollouts 3x8 reps Tall Kneeling Kettlebell Halo 3x6 reps each direction	20 Rollouts 3x10 reps Tall Kneeling Kettlebell Halo 3x8 reps each direction	21 Rollouts 3x12 reps Tall Kneeling Kettlebell Halo 3x10 reps each direction



Plank

1. Get into a push up position, with your elbows under your shoulders and your feet hip-width apart.
2. Bend your elbows and rest your weight on your forearms and on your toes, keeping your body in a straight line.
3. Hold for as long as possible.



Side Plank

1. Lie on your side with your body fully extended.
2. Lift your body off the ground and balance your weight between the forearm and the side of the foot.
3. Keep your body in a straight line and hold for as long as you can.
3. Change sides and repeat.



Dead Bug

1. Lie on your back and extend your arms and legs toward the ceiling.
2. Lower your right leg and extend your left arm behind your head.
3. Return to the starting position and repeat with the opposite arm and leg.
4. Keep switching sides until the set is complete.



Pall of Press

1. With interlaced fingers or a hand-over-hand grip, grab a resistance band that's set to chest height.
2. Stand with the anchor of the band directly to your left, and step to the left until the band is taut and trying to twist you towards the anchor.
3. At this distance, stand with your feet about shoulder-width apart, and bend your knees slightly. Hold the handle in front of your chest. Brace your core.
4. Slowly press your arms in front of you until they're almost completely straight. Pause for a beat, then bring them back to your chest.



SB Bodysaw

1. Place your forearms on the swiss ball and get into plank position with your body forming a straight line from your ankles to your head.
2. Contract your abs and roll the swiss ball under your forearms forward then pull your forearms back to the original position.



Side Plank with Leg Lift

1. Place your right elbow on the ground. Extend both legs out so that your body is in one straight line and you're balancing on the outside edge of your right foot.
2. Flex both feet if you can and either rest your top hand on your upper hip or extend it in the air. Keeping your spine lengthened and your abs engaged, lift your left leg up just higher than your top hip. Then slowly lower it back to your bottom leg.



Stir-the-pot

1. Hold a plank with your elbows on a Swiss ball.
2. Stir your fists clockwise then go back the other way. That's one rep.



Salute Plank

1. Start in a plank position. Keep your core tight and your glutes squeezed.
2. Bring one hand to your forehead in a salute position and hold for five seconds.
3. Prevent your hips from twisting and stay tight. Alternate sides.



SB Rollouts

1. Begin in a high kneeling position with ball in front of you.
2. Clasp hands together and place on top of the ball.
3. Keeping back long and abdominals tight, press hands into the ball and roll it out in front of you until forearms are on the ball and your body is at a 45 degree angle.
4. Use your forearms to pull back slowly and return to start position.



Tall Kneeling KB Halo

1. Begin in the Tall kneeling posture by placing both knees on the ground just wider than your hips, your lower legs remain parallel, and your ankles are plantar flexed. Your pelvis remains in a neutral stacked position with a tall spine, and your shoulder and hips remain squared off.
2. Grab a kettlebell by the handles and flip it upside down. Next, slowly start the move the kettlebell around your head making sure the kettlebell moves and not your head.
3. Return to the start position and repeat in the other direction.



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