

7-DAY AB CHALLENGE

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video on YouTube. And be sure to tag @nourishmovelove on social!

01

**NO
EQUIP.
ABS**

02

**STANDING
ABS**

03

**PILATES
ABS**

04

**FUNCTIONAL
ABS**

05

**NO
REPEAT
ABS**

06

**BARRE
ABS**

07

**SUPERSET
ABS**