

30-DAY AB CHALLENGE

WEEK 1	01 Standing Pilates Abs <i>5 Minutes</i>	02 Total Abs <i>10 Minutes</i>	03 Mat Lower Abs <i>7 Minutes</i>	04 Upper Abs <i>7 Minutes</i>	05 Standing Ab Circuit <i>7 Minutes</i>	06 Mat Butt & Abs <i>10 Minutes</i>	07 Mini Band Abs <i>5 Minutes</i>
WEEK 2	08 Daily Abs <i>10 Minutes</i>	09 Quick Standing Abs <i>7 Minutes</i>	10 Lower Abs <i>10 Minutes</i>	11 Obliques <i>10 Minutes</i>	12 Standing Abs <i>10 Minutes</i>	13 Mat Abs <i>10 Minutes</i>	14 Dead Bug Abs <i>5 Minutes</i>
WEEK 3	15 Pilates Abs <i>15 Minutes</i>	16 Mat Abs <i>5 Minutes</i>	17 Mat Lower Abs <i>7 Minutes</i>	18 Upper Abs <i>7 Minutes</i>	19 Standing Kettlebell Abs <i>15 Minutes</i>	20 Intense Abs <i>5 Minutes</i>	21 Standing Pilates Abs <i>5 Minutes</i>
WEEK 4	22 Intense Abs <i>10 Minutes</i>	23 Weighted Abs <i>10 Minutes</i>	24 Lower Abs <i>10 Minutes</i>	25 Obliques <i>10 Minutes</i>	26 Kettlebell Abs <i>5 Minutes</i>	27 Best Ab Burn <i>5 Minutes</i>	28 Daily Abs <i>10 Minutes</i>
WEEK 5	29 Barre Abs <i>10 Minutes</i>	30 Intense Core <i>7 Minutes</i>	INSTRUCTIONS: <i>Click the bold text on each day to access the full workout + guided video on nourishmoveandlove.com.</i>				