30 DAY 5 MINUTE AB CHALLENGE

Download the Interval Timer app and set intervals to each workouts requirements.

Day 1
Crunches - 20seconds
Heel touches - 20seconds
Rest - 20seconds
Repeat 5 times

Day 2
Flutter Kicks - 30seconds
Reverse Crunches - 15seconds
Rest - 15seconds
Repeat 5 times

Day 3
Knee Back Tucks - 30seconds
Prayer crunch - 30seconds
Rest - 30seconds
Repeat 3x
Bicycle Burnout Go as long as possible

Day 4
Hollow hold to full body crunch
45 seconds on / 15 seconds off
Repeat 5x

Day 5
Side Plank Hip Dip (Right) - 20seconds
Side Plank Hip Dip (Left) - 20seconds
Low Plank Hip Dip - 20seconds
Rest - 20seconds
4 Rounds

Day 6
Sit ups - 20seconds
Heels to the Heavens - 20seconds
Rest - 20seconds
Repeat 5x

Day 7
Bent Knee Windshield Wipers - 30seconds
Heel Touches Crunches - 15seconds
Rest - 15seconds
Repeat 5 times

Day 8
Crunch and Twist- 30seconds
Scissor Kicks - 30seconds
Rest - 30seconds
Repeat 3x
Hollow Hold Go as long as possible

Day 9
Toe Touch Crunches
45 seconds on / 15 seconds off
Repeat 5x

Day 10
Twisting Toe Taps - 20seconds
Russian Twists- 20seconds
Boat Holds - 20seconds
Rest - 20seconds
4 Rounds

Day 11
Arms Up Crunches - 20seconds
Hands Back Flutter Kicks - 20seconds
Plank - 20seconds
Repeat 5x

Day 12
Thread the needle R - 30seconds
Thread the needle L - 30seconds
Knee to opposite elbow - 30seconds
Repeat 3x
Finisher - Iso reverse Crunch as long as possible

Day 13 w/ Dumbbells
Alternating Toe Touch Crunches - 30seconds
Dumbbell Handoffs - 15seconds
Rest - 15seconds
Repeat 5x

Day 14
V-Ups
45seconds on / 15 seconds off
5rounds

Day 15
Plank for 5 minutes
Go as long as possible,
rest and stop the clock,
then jump back in.
Full plank time must add up to 5min

Day 16
Side Crunch Right - 30seconds
Side Crunch Left - 30seconds
Reverse Crunches - 30seconds
Rest - 30seconds
Repeat 3x

Day 17
Dumbbell Roll-Up Crunches
50seconds on / 10 seconds off
5 Rounds

Day 18
Crunches (fast) - 30seconds
Bicycles (slow) - 30seconds
Rest - 30seconds
Repeat 4x

Day 19
AMRAP 5
10 Crunches
10 Heels to the Heavens
10 Russian Twists (each side)

Day 20
Upper Db circles R - 20sec
Upper dB Circles L - 20sec
Db Overhead Flutter Kicks - 20sec
Rest - 20sec
Repeat 4x

Day 21
EMOM 5
25 Full Body Crunches

Day 22
DB Side Plank Hip Dips R - 30sec
DB Thread the Needle R - 30sec
DB Side Plank Hip Dips L - 30sec
DB Thread the Needle L - 30sec
Rest 1 min
Repeat 2x

Day 23
Knee Back Tucks - 30seconds
Crunch and Twist - 30seconds
Repeat 5x

Day 24
AMRAP 5
10 V Ups
10 DB Sunrise Sunsets
10 Knee to Opposite Elbows

Day 25
Jackknives - 50sec
Rest - 10sec
Repeat 5x

Day 26
EMOM5
Sit-ups and Heels to the Heavens
Min 1 - 15 Reps each
Min 2 - 12 Reps each
Min 3 - 10 Reps each
Min 4 - 8 Reps each
Min 5 - 7 Reps each

Day 27
Heel Touches - 30seconds
Bent Leg Windshield Wipers - 30seconds
Repeat 5x

Day 28
Bicycles - 30seconds
Hollow hold - 20seconds
Rest - 10seconds
Repeat 5x

Day 29
Hold plank for 5minutes
If you rest, stop clock
Time must add up to 5min

Day 30
Complete in 5 minutes
100 crunches
75 Russian Twists
50 Hands Back Tucks
25 Sit Ups

HIGH POWERED FITNESS TRAINING