

30
Day

ABS & CORE challenge

WORKOUT



Bridge March

Scissor Kicks

Mountain Climbers

V-Ups

Plank

Day 1

- 16 Bridge March
- 20 Scissor Kicks
- 20 Mt. Climbers
- 10 V-Ups
- 20 sec Plank

Day 2

- 16 Bridge March
- 20 Scissor Kicks
- 20 Mt. Climbers
- 10 V-Ups
- 20 sec Plank

Day 3

- 18 Bridge March
- 20 Scissor Kicks
- 20 Mt. Climbers
- 12 V-Ups
- 20 sec Plank

Day 4

- 18 Bridge March
- 20 Scissor Kicks
- 20 Mt. Climbers
- 12 V-Ups
- 20 sec Plank

Day 5

- 18 Bridge March
- 20 Scissor Kicks
- 20 Mt. Climbers
- 12 V-Ups
- 20 sec Plank

Day 6

- 20 Bridge March
- 22 Scissor Kicks
- 22 Mt. Climbers
- 14 V-Ups
- 25 sec Plank

Day 7

Rest & go for a walk

Day 8

- 20 Bridge March
- 22 Scissor Kicks
- 22 Mt. Climbers
- 14 V-Ups
- 25 sec Plank

Day 9

- 20 Bridge March
- 22 Scissor Kicks
- 22 Mt. Climbers
- 14 V-Ups
- 25 sec Plank

Day 10

- 20 Bridge March
- 22 Scissor Kicks
- 22 Mt. Climbers
- 14 V-Ups
- 25 sec Plank

Day 11

- 20 Bridge March
- 22 Scissor Kicks
- 22 Mt. Climbers
- 14 V-Ups
- 25 sec Plank

Day 12

- 20 Bridge March
- 22 Scissor Kicks
- 22 Mt. Climbers
- 14 V-Ups
- 25 sec Plank

Day 13

- 22 Bridge March
- 24 Scissor Kicks
- 24 Mt. Climbers
- 16 V-Ups
- 30 sec Plank

Day 14

Rest & stretch

Day 15

- 22 Bridge March
- 24 Scissor Kicks
- 24 Mt. Climbers
- 16 V-Ups
- 30 sec Plank

Day 16

- 22 Bridge March
- 24 Scissor Kicks
- 24 Mt. Climbers
- 16 V-Ups
- 30 sec Plank

Day 17

- 22 Bridge March
- 24 Scissor Kicks
- 24 Mt. Climbers
- 16 V-Ups
- 30 sec Plank

Day 18

- 22 Bridge March
- 24 Scissor Kicks
- 24 Mt. Climbers
- 16 V-Ups
- 30 sec Plank

Day 19

- 22 Bridge March
- 24 Scissor Kicks
- 24 Mt. Climbers
- 16 V-Ups
- 30 sec Plank

Day 20

- 24 Bridge March
- 26 Scissor Kicks
- 26 Mt. Climbers
- 18 V-Ups
- 35 sec Plank

Day 21

Rest & go for a walk

Day 22

- 24 Bridge March
- 26 Scissor Kicks
- 26 Mt. Climbers
- 18 V-Ups
- 35 sec Plank

Day 23

- 24 Bridge March
- 26 Scissor Kicks
- 26 Mt. Climbers
- 18 V-Ups
- 35 sec Plank

Day 24

- 24 Bridge March
- 26 Scissor Kicks
- 26 Mt. Climbers
- 18 V-Ups
- 35 sec Plank

Day 25

- 24 Bridge March
- 26 Scissor Kicks
- 26 Mt. Climbers
- 18 V-Ups
- 35 sec Plank

Day 26

- 24 Bridge March
- 26 Scissor Kicks
- 26 Mt. Climbers
- 18 V-Ups
- 35 sec Plank

Day 27

- 26 Bridge March
- 28 Scissor Kicks
- 28 Mt. Climbers
- 20 V-Ups
- 40 sec Plank

Day 28

Rest & stretch

Day 29

- 26 Bridge March
- 28 Scissor Kicks
- 28 Mt. Climbers
- 20 V-Ups
- 40 sec Plank

Day 30

- 28 Bridge March
- 30 Scissor Kicks
- 30 Mt. Climbers
- 22 V-Ups
- 45 sec Plank