



# total

# abs

FREE 30-DAY PROGRAM  
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# total

# abs

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## Day 1 | Circuit

<b>Level I</b>	3 sets	6 reps
<b>Level II</b>	5 sets	8 reps
<b>Level III</b>	7 sets	10 reps

2 minutes rest between sets



sit-ups



sitting twists



reverse crunches



flutter kicks



leg raises



raised leg circles

# total

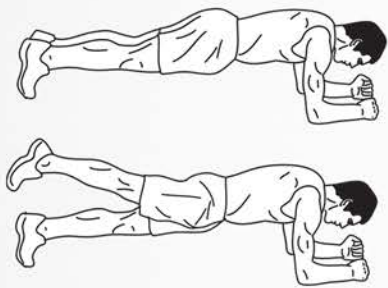
# abs

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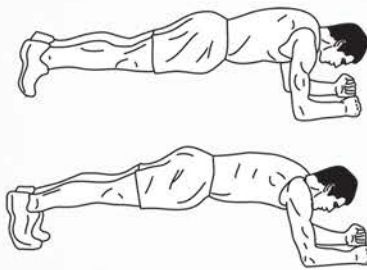
## Day 2 | Active Planks

<b>Level I</b>	3 sets	6 reps
<b>Level II</b>	5 sets	8 reps
<b>Level III</b>	7 sets	10 reps

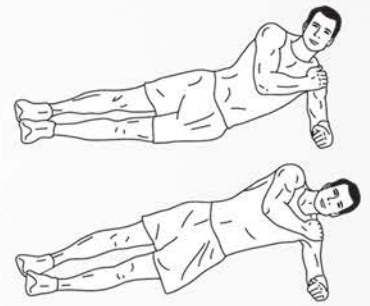
2 minutes rest between sets



elbow plank leg raises



body saw



side bridges



up and down planks

# total

# abs

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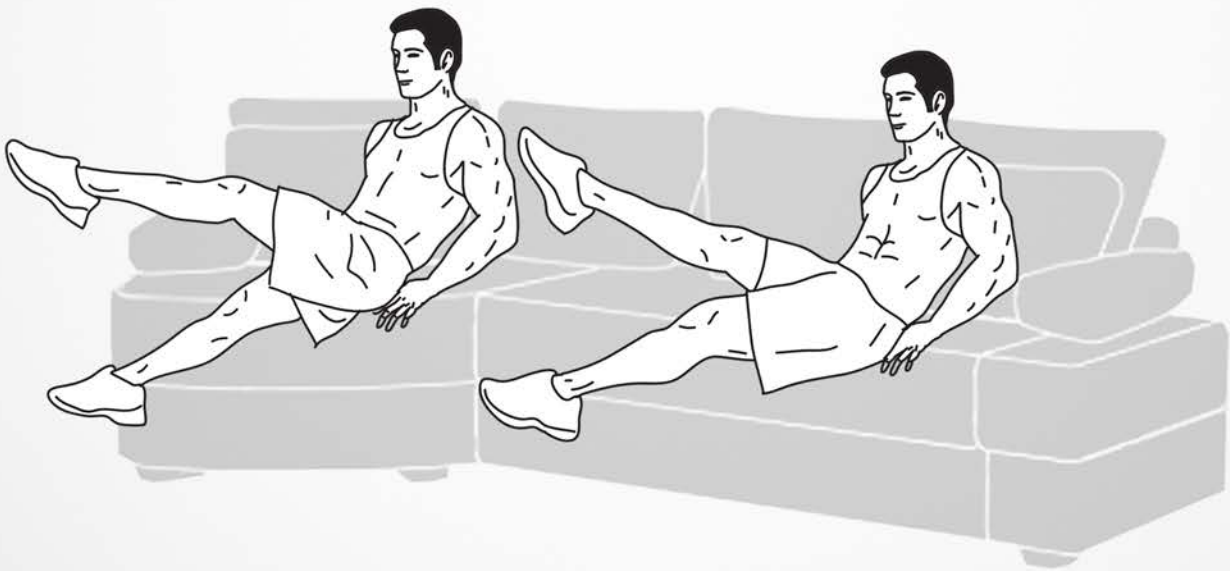
Day 3 | Flutter Kicks

Level I 80 reps

Level II 100 reps

Level III 120 reps

complete throughout the day



# total abs

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## Day 4 | Lower Back

Level I 8 reps

Level II 10 reps

Level III 12 reps

3 sets - all levels

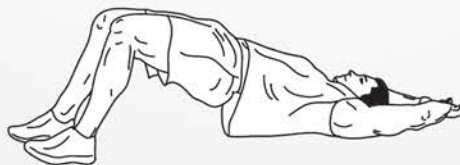
60 seconds rest between sets



lower back curls



side leg raises



bridges



# total

# abs

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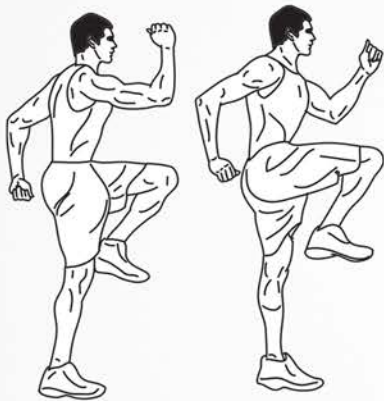
## Day 5 | Stand & Deliver

**Level I** 3 sets | 20 reps

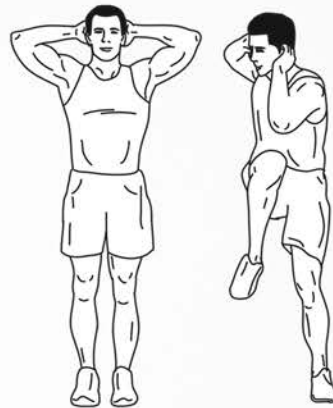
**Level II** 5 sets | 22 reps

**Level III** 7 sets | 24 reps

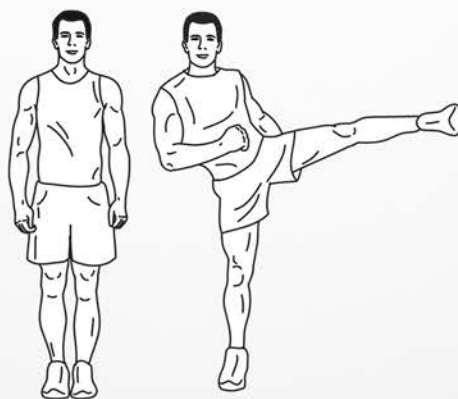
2 minutes rest between sets



march steps



knee-to-elbows



side leg raises

# total

# abs

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## Day 6 | Power Plank

**Level I** 10 seconds each

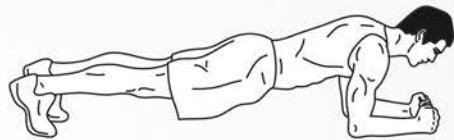
**Level II** 20 seconds each

**Level III** 30 seconds each

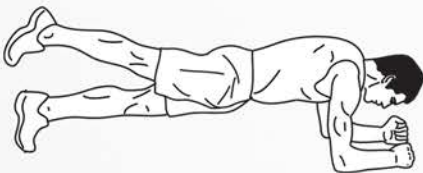
complete once



plank hold



elbow plank hold



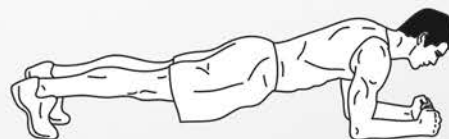
raised leg elbow plank hold



side elbow plank hold



plank hold



elbow plank hold

# total

# abs

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## Day 7 | Rocky Abs

**Level I** 3 sets | 10 reps

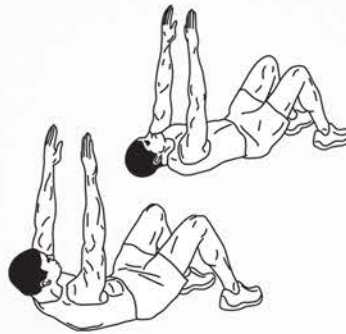
**Level II** 5 sets | 12 reps

**Level III** 7 sets | 14 reps

2 minutes rest between sets



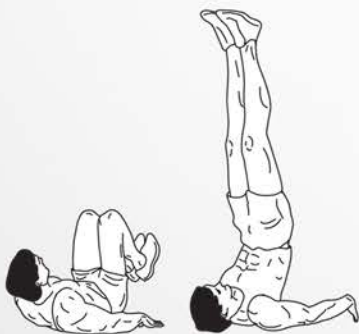
air bike crunches



high crunches



sitting twists



butt-ups



raised leg circles



windshield wipers



# total abs

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Day 8 | Lower Back

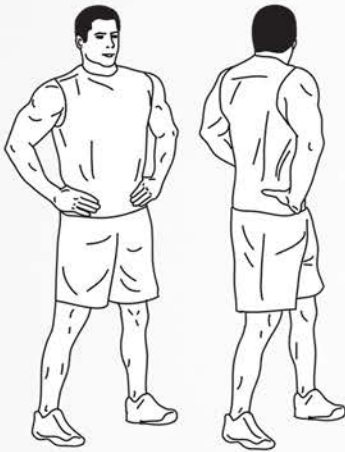
Level I 10 reps

Level II 12 reps

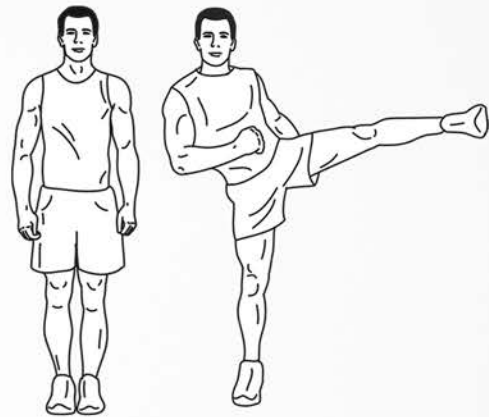
Level III 14 reps

3 sets - all levels

60 seconds rest between sets



torso rotations



side leg raises



superman stretches

# total

# abs

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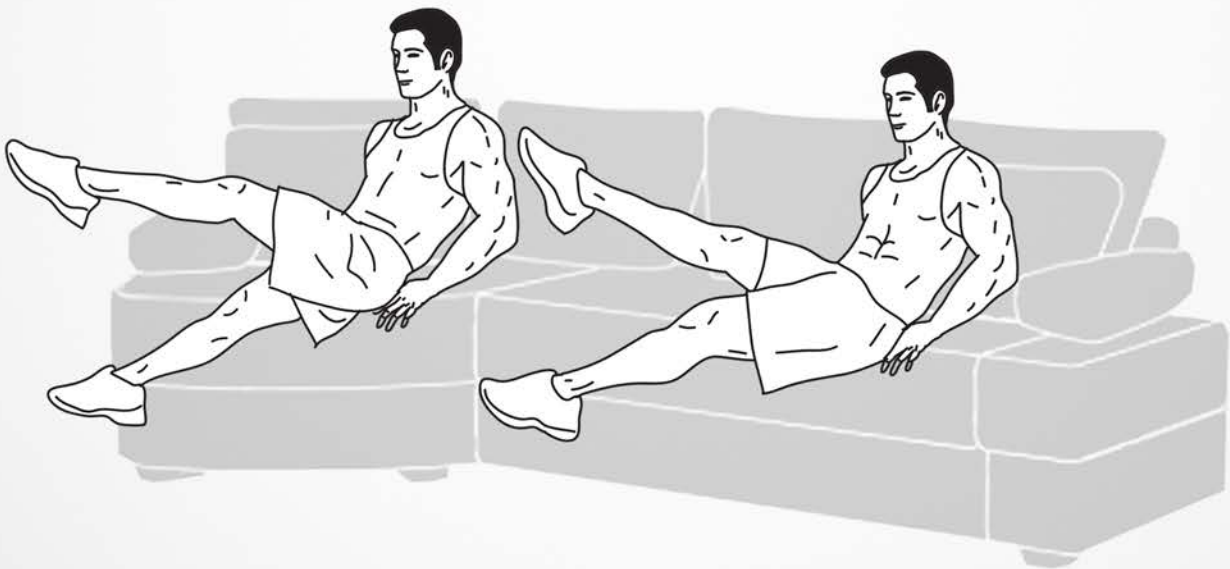
Day 9 | Flutter Kicks

Level I 140 reps

Level II 200 reps

Level III 260 reps

complete throughout the day



# total abs

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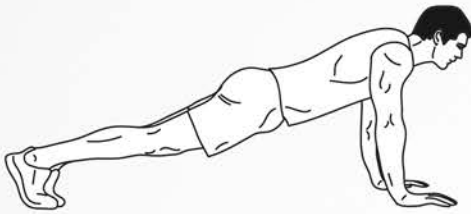
Day 10 | Supernova

Level I 3 sets

Level II 4 sets

Level III 5 sets

60 seconds rest between sets  
Move from one exercise  
to the next without breaks



## MOVE 1

20 second plank hold



## MOVE 2

10 alt arm/leg raises



## MOVE 3

2 moving planks 90°



## MOVE 4

10 climber taps

# total

# abs

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## Day 11 | Circuit

**Level I** 3 sets | 10 reps

**Level II** 5 sets | 12 reps

**Level III** 7 sets | 14 reps

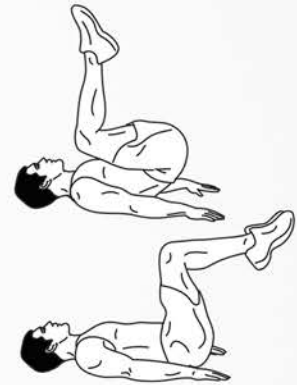
2 minutes rest between sets



sit-ups



sitting twists



reverse crunches



long arm crunches



knee-to-elbow crunches



heel taps

# total

# abs

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## Day 12 | Lower Back

Level I 10 reps

Level II 12 reps

Level III 14 reps

3 sets - all levels

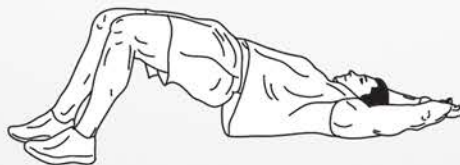
60 seconds rest between sets



lower back curls



side leg raises



bridges



# total

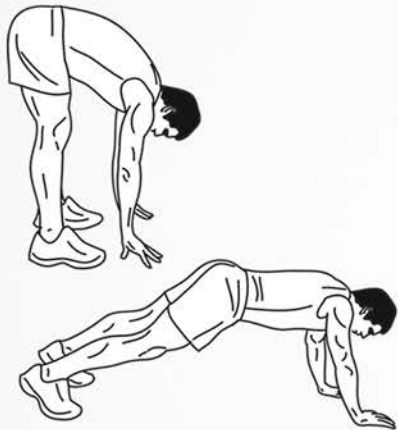
# abs

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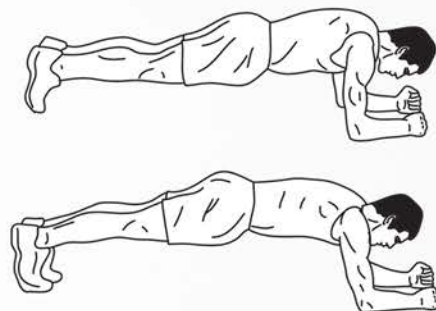
## Day 13 | Active Planks

<b>Level I</b>	3 sets	6 reps
<b>Level II</b>	5 sets	8 reps
<b>Level III</b>	7 sets	10 reps

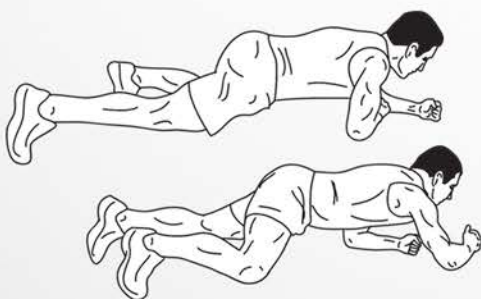
2 minutes rest between sets



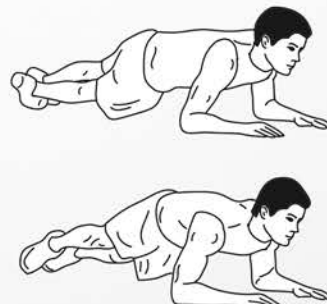
plank walk-outs



body saw



plank (army) crawl



plank rolls

# total

# abs

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Day 14 | Reach For It

Level I 3 sets | 10 reps

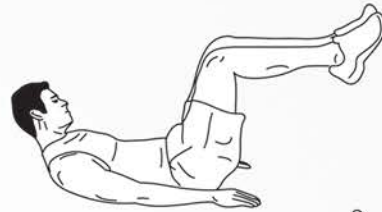
Level II 5 sets | 12 reps

Level III 7 sets | 14 reps

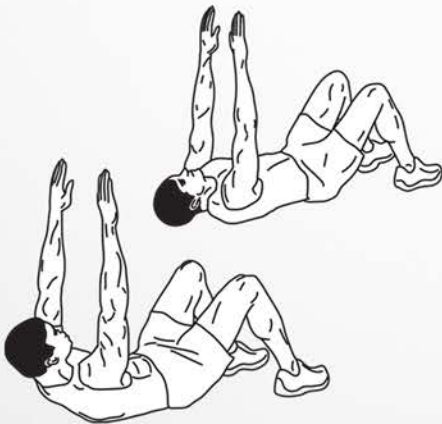
2 minutes rest between sets



sit-ups



hundreds



high crunches



heel taps

# total

# abs

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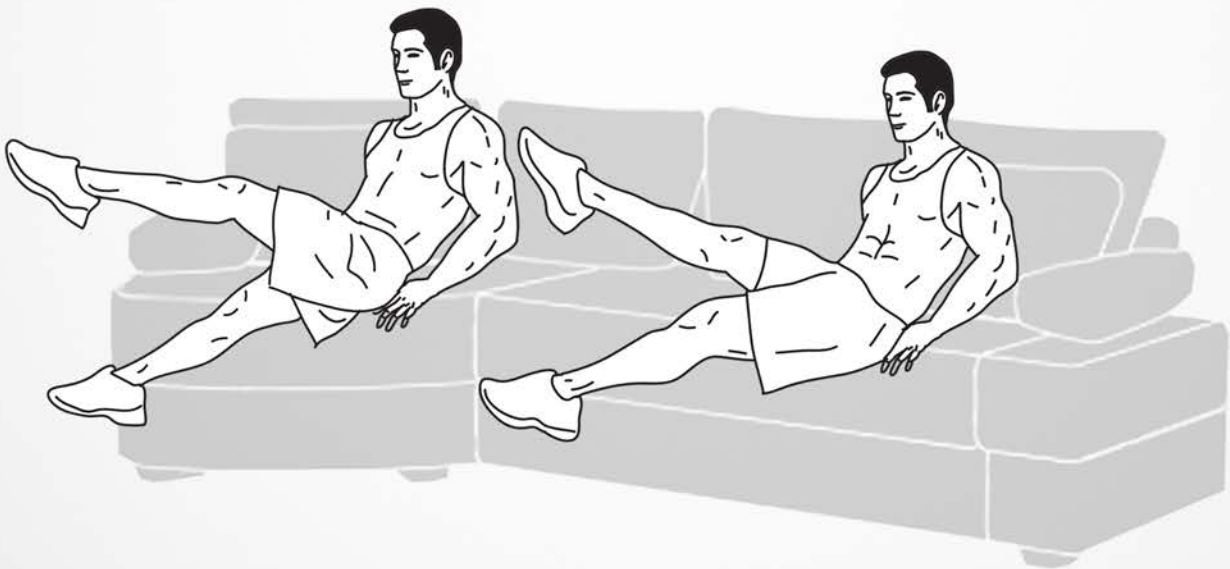
Day 15 | Flutter Kicks

Level I 240 reps

Level II 300 reps

Level III 420 reps

complete throughout the day



# total abs

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Day 16 | Lower Back

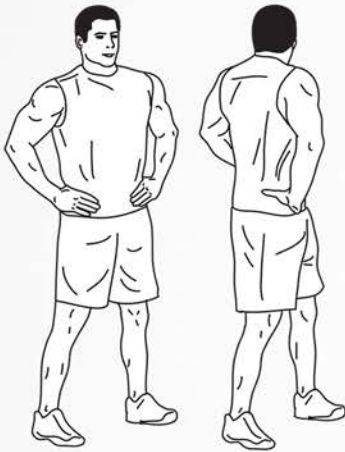
Level I 12 reps

Level II 14 reps

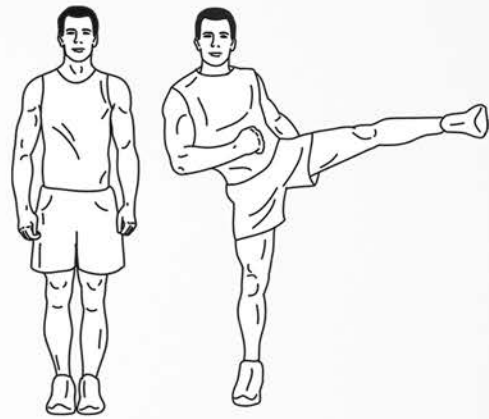
Level III 16 reps

3 sets - all levels

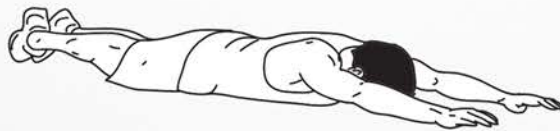
60 seconds rest between sets



lower back rotations



side leg raises



superman stretches

# total

# abs

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## Day 17 | Circuit

**Level I** 3 sets | 12 reps

**Level II** 5 sets | 14 reps

**Level III** 7 sets | 16 reps

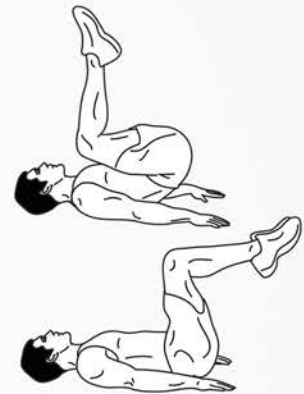
2 minutes rest between sets



sit-ups



knee-to-elbow crunches



reverse crunches



scissors



side jack knives



windshield wipers



# total

# abs

© [darebee.com](http://darebee.com)

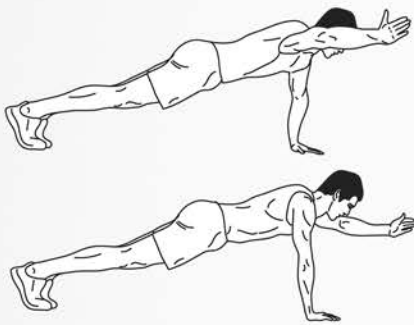
## Day 18 | Active Planks

**Level I** 3 sets | 10 reps

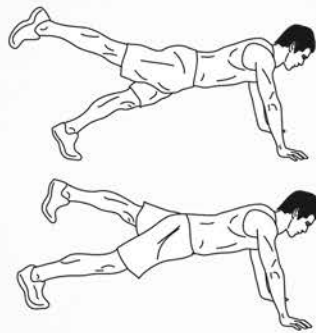
**Level II** 5 sets | 12 reps

**Level III** 7 sets | 14 reps

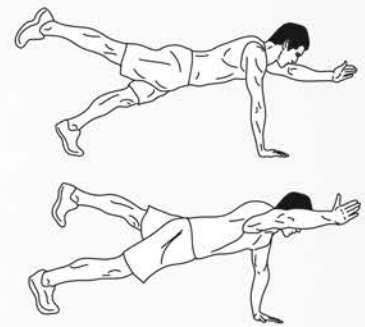
2 minutes rest between sets



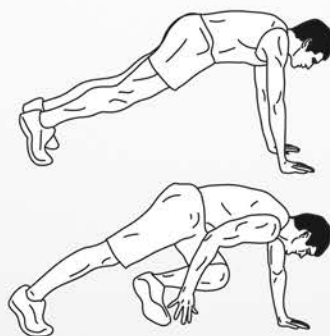
plank arm raises



plank leg raises



plank alt arm / leg raises



climber taps

# total

## abs

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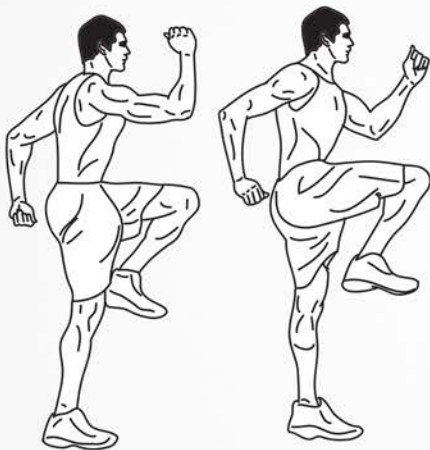
Day 19 | March On

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**20** march steps

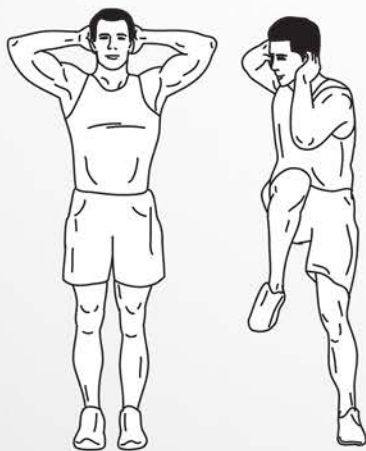
**6** knee-to-elbows

**20** march steps

**6** knee-to-elbows

**20** march steps

**6** knee-to-elbows



**20** march steps

**6** knee-to-elbows

# total abs

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Day 20 | Lower Back

Level I 12 reps

Level II 14 reps

Level III 16 reps

3 sets - all levels

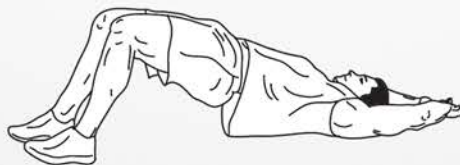
60 seconds rest between sets



lower back curls



side leg raises



bridges

# total

## abs

© darebee.com

### Day 21 | Circuit

Level I 3 sets | 14 reps

Level II 5 sets | 16 reps

Level III 7 sets | 18 reps

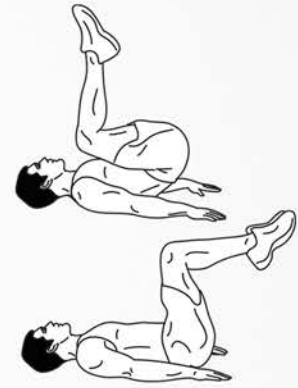
2 minutes rest between sets



sit-ups



sitting twists



reverse crunches



butt ups



air bike crunches



heel taps

# total

# abs

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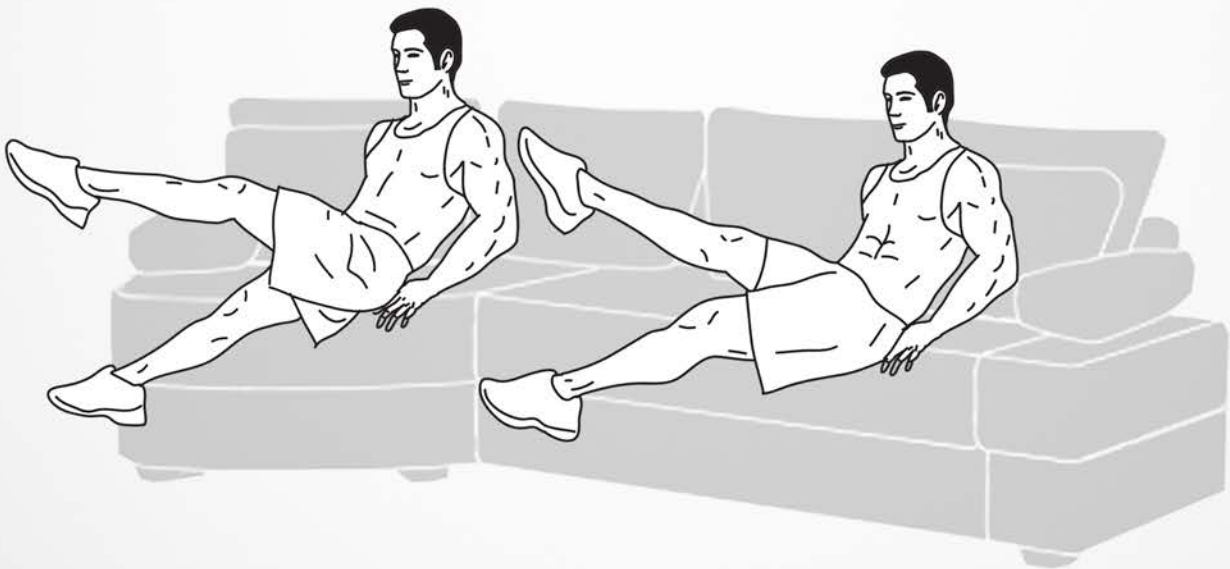
Day 22 | Flutter Kicks

Level I 320 reps

Level II 440 reps

Level III 520 reps

complete throughout the day





# total

# abs

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## Day 23 | Power Plank

**Level I** 20 seconds each

**Level II** 30 seconds each

**Level III** 40 seconds each

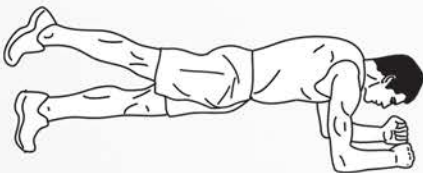
complete once



plank hold



elbow plank hold



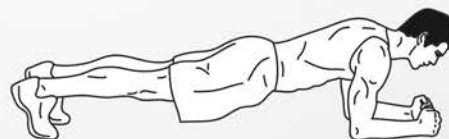
raised leg elbow plank hold



side elbow plank hold



plank hold



elbow plank hold

# total abs

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Day 24 | Lower Back

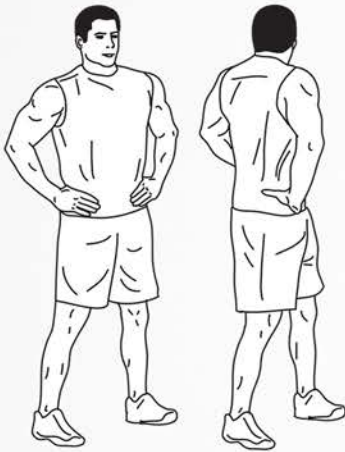
Level I 14 reps

Level II 16 reps

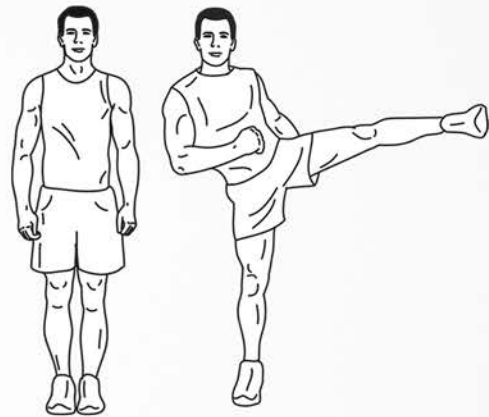
Level III 18 reps

3 sets - all levels

60 seconds rest between sets



torso rotations



side leg raises



superman stretches

# total

# abs

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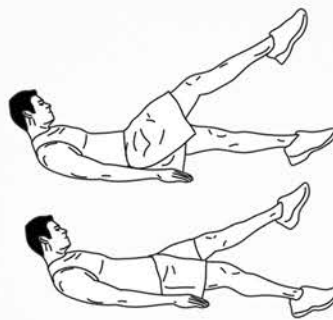
Day 25 | 2-Minute Abs

20 seconds each - all levels

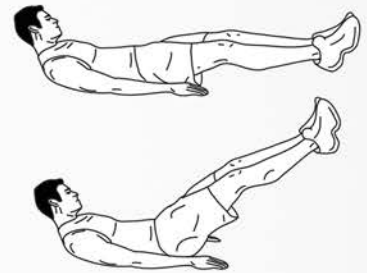
complete once



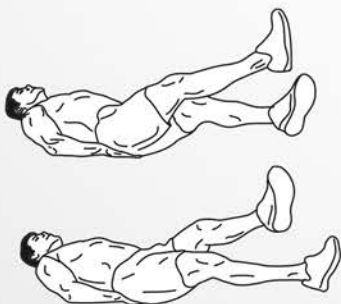
knee-to-elbow crunches



flutter kicks



leg raises



scissors



reverse crunches



sitting twists

# total

# abs

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## Day 26 | Active Planks

**Level I** 3 sets | 12 reps

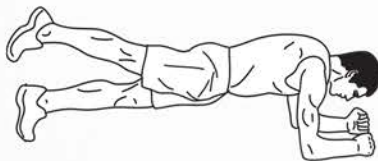
**Level II** 5 sets | 14 reps

**Level III** 7 sets | 16 reps

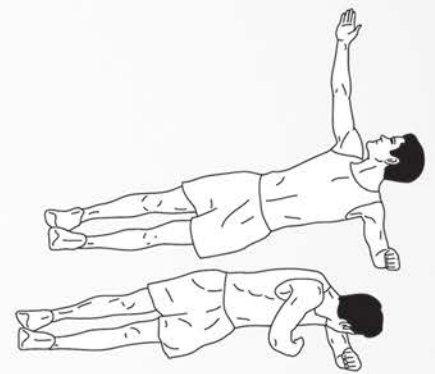
2 minutes rest between sets



elbow plank arm raises



elbow plank leg raises



side plank rotations



up and down planks



# total

# abs

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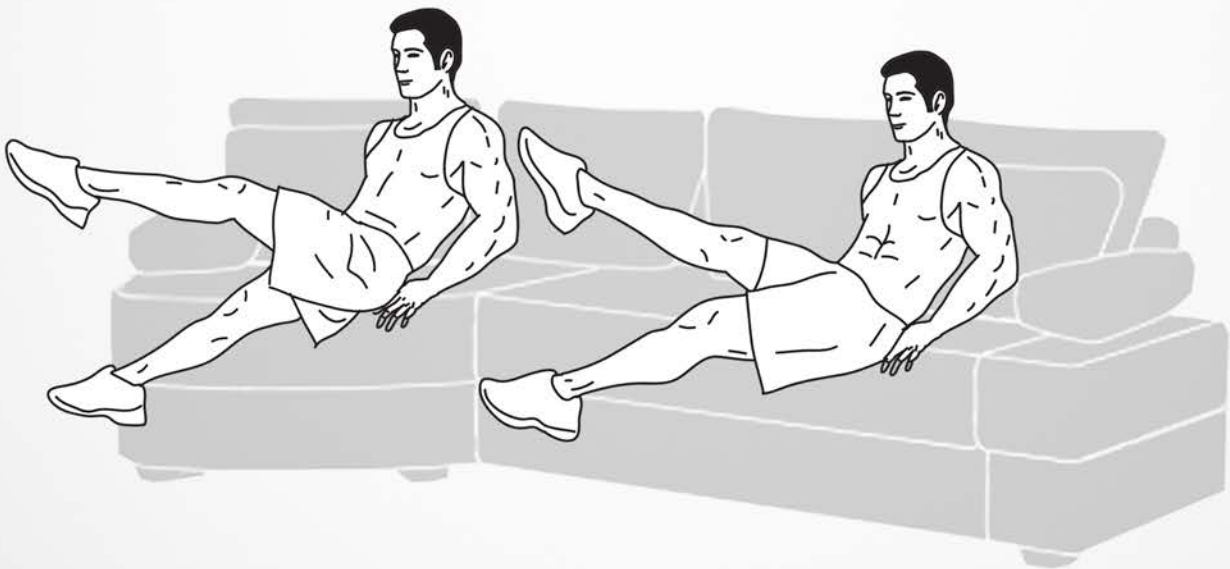
Day 27 | Flutter Kicks

Level I 400 reps

Level II 500 reps

Level III 600 reps

complete throughout the day





# total abs

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Day 28 | Lower Back

Level I 14 reps

Level II 16 reps

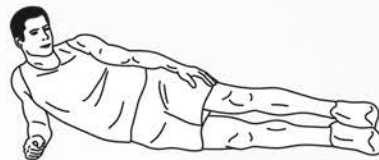
Level III 18 reps

3 sets - all levels

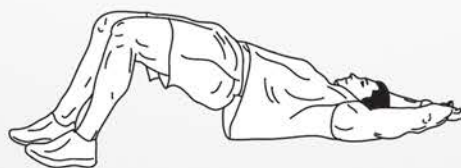
60 seconds rest between sets



lower back curls



side leg raises



bridges

# total

# abs

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## Day 29 | Circuit

<b>Level I</b>	3 sets	16 reps
<b>Level II</b>	5 sets	18 reps
<b>Level III</b>	7 sets	20 reps

2 minutes rest between sets



sit-ups



sitting twists



reverse crunches



leg raises



scissors



raised leg circles

# total

# abs

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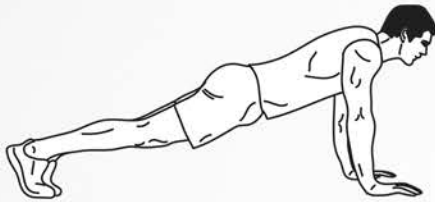
## Day 30 | Power Plank

**Level I** 30 seconds each

**Level II** 40 seconds each

**Level III** 60 seconds each

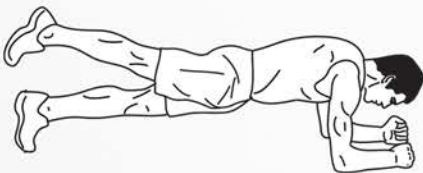
complete once



plank hold



elbow plank hold



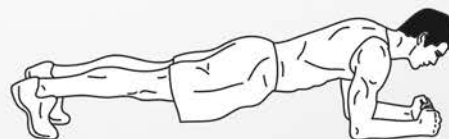
raised leg elbow plank hold



side elbow plank hold



plank hold



elbow plank hold

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