



No equipment

30-DAY

6 PACK ABS

WORKOUT CHALLENGE





PLAN INTRODUCTION

If you are looking to build well-defined six-pack abs in 30 days, check out our 30-Day 6-Pack Abs Challenge to get you the sculpted and defined abs that you have been looking for. This 30-day six-pack abs challenge starts off slowly and gradually gets more intense and difficult forcing your core muscles to get ripped and stronger with each day. In this workout challenge, you will use a variety of proven intensity boosting techniques. Each exercise in this routine will help you to target various parts of the core muscles from the oblique muscles to the lower abs to the whole core.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.





WORKOUT PLAN

DAY 1 <ul style="list-style-type: none">• 15 crunches• 6 leg raises• 10 second plank	DAY 2 <ul style="list-style-type: none">• 20 crunches• 8 leg raises• 15 second plank	DAY 3 <ul style="list-style-type: none">• 25 crunches• 10 leg raises• 20 second plank	DAY 4 <ul style="list-style-type: none">• 30 crunches• 12 leg raises• 25 second plank	DAY 5 <ul style="list-style-type: none">• 35 crunches• 14 leg raises• 30 second plank	DAY 6 <ul style="list-style-type: none">• 40 crunches• 16 leg raises• 35 second plank
DAY 7 <ul style="list-style-type: none">• 45 crunches• 16 leg raises• 35 second plank	DAY 8 <ul style="list-style-type: none">• 50 crunches• 20 leg raises• 45 second plank	DAY 9 <ul style="list-style-type: none">• 55 crunches• 22 leg raises• 50 second plank	DAY 10 <ul style="list-style-type: none">• 60 crunches• 24 leg raises• 55 second plank	DAY 11 <ul style="list-style-type: none">• 65 crunches• 26 leg raises• 60 second plank	DAY 12 <ul style="list-style-type: none">• 70 crunches• 28 leg raises• 65 second plank
DAY 13 <ul style="list-style-type: none">• 75 crunches• 30 leg raises• 70 second plank	DAY 14 <ul style="list-style-type: none">• 80 crunches• 32 leg raises• 75 second plank	DAY 15 <ul style="list-style-type: none">• 85 crunches• 34 leg raises• 80 second plank	DAY 16 <ul style="list-style-type: none">• 90 crunches• 36 leg raises• 85 second plank	DAY 17 <ul style="list-style-type: none">• 95 crunches• 38 leg raises• 90 second plank	DAY 18 <ul style="list-style-type: none">• 100 crunches• 40 leg raises• 95 second plank
DAY 19 <ul style="list-style-type: none">• 105 crunches• 42 leg raises• 100 second plank	DAY 20 <ul style="list-style-type: none">• 110 crunches• 44 leg raises• 105 second plank	DAY 21 <ul style="list-style-type: none">• 115 crunches• 46 leg raises• 110 second plank	DAY 22 <ul style="list-style-type: none">• 120 crunches• 48 leg raises• 115 second plank	DAY 23 <ul style="list-style-type: none">• 125 crunches• 50 leg raises• 120 second plank	DAY 24 <ul style="list-style-type: none">• 130 crunches• 52 leg raises• 125 second plank
DAY 25 <ul style="list-style-type: none">• 135 crunches• 54 leg raises• 130 second plank	DAY 26 <ul style="list-style-type: none">• 140 crunches• 56 leg raises• 135 second plank	DAY 27 <ul style="list-style-type: none">• 145 crunches• 58 leg raises• 140 second plank	DAY 28 <ul style="list-style-type: none">• 150 crunches• 60 leg raises• 145 second plank	DAY 29 <ul style="list-style-type: none">• 155 crunches• 62 leg raises• 150 second plank	DAY 30 <ul style="list-style-type: none">• 160 crunches• 64 leg raises• 155 second plank



Crunches

1. Lie down on the mat, keep your knees bent, your back and feet flat, and your hands supporting your head
2. Lift your shoulders, squeeze your abdominal muscles and hold for 1 to 2 seconds.
3. Slowly return to the starting position and repeat until set is complete.



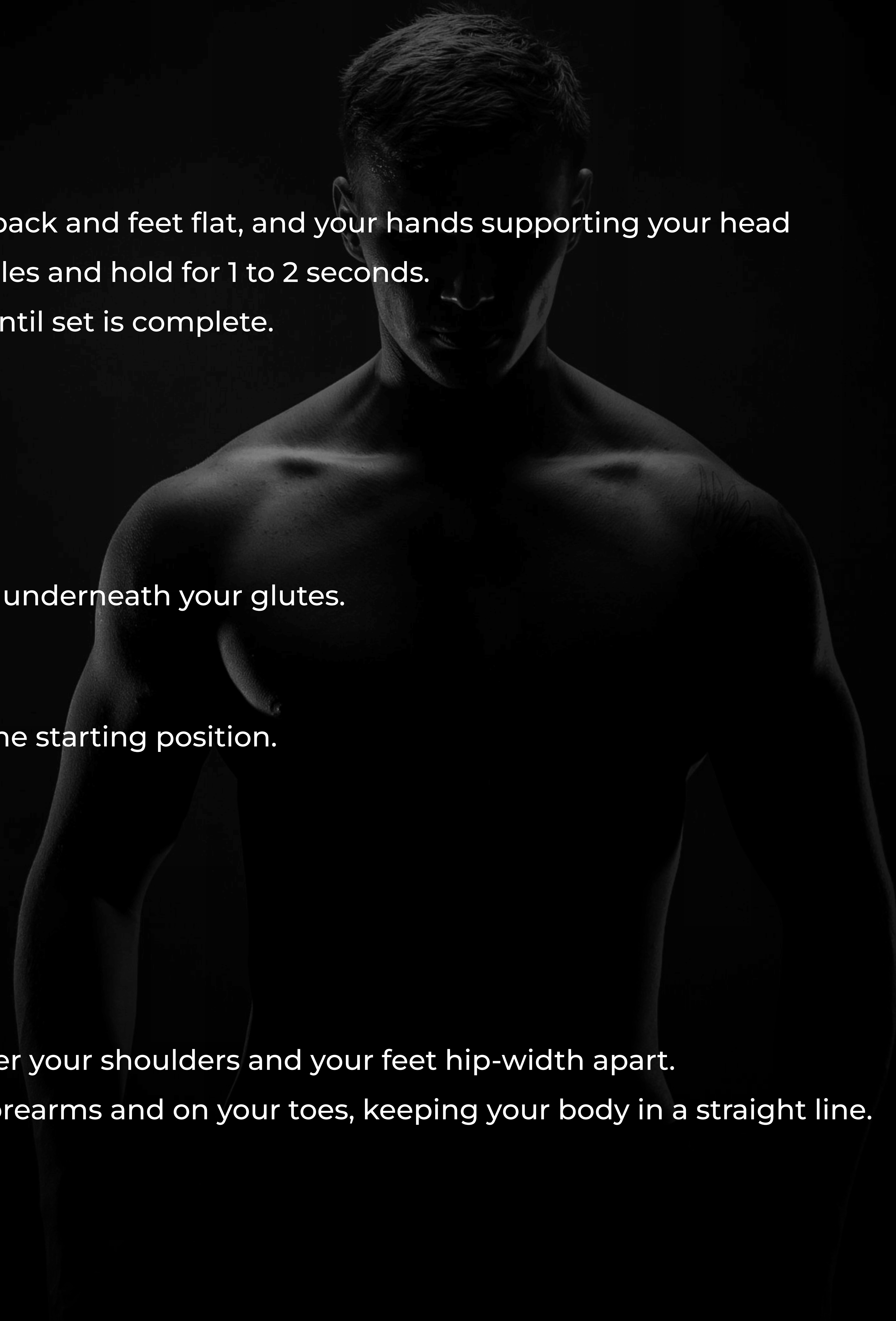
Leg Raise

1. Lie on your back with your hands by your sides or underneath your glutes. Keep your legs straight or just slightly bent.
2. Raise your legs until your body is in an L shape.
3. Pause, lower both legs slowly and then return to the starting position.
4. Repeat until set is complete.



Plank

1. Get into a push up position, with your elbows under your shoulders and your feet hip-width apart.
2. Bend your elbows and rest your weight on your forearms and on your toes, keeping your body in a straight line.
3. Hold for as long as possible.





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