

30 Day

Ab Challenge

THE WORKOUT

The ab workout consists of 5 different exercises:

- Leg raises
- Body planks
- Russian twists
- Scissor kicks
- Side planks

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Ab Challenge

Beginner workout: Do each exercise for 30 seconds, resting for 30 seconds. Perform 4 rounds in total.

Intermediate workout: Do each exercise for 45 seconds, resting for 30 seconds. Perform 4 rounds in total.

Advanced workout: Do each exercise for 60 seconds, resting for 30 seconds. Perform 4 rounds in total.

DAY

DONE?

DAY

DONE?

1

16

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BALD BROTHERS

Workout

Quotes

Below are a few quotes to help keep you motivated!

"It's a slow process, but quitting won't speed it up"

"The only bad workout is the one that didn't happen"

"Your body can stand almost anything. It's your mind that you have to convince"

"Someone busier than you is working out right now"

"Sore. The most satisfying pain"

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Push Up Challenge

Give your abs a bit of a break after completing this challenge, and try out another awesome challenge below.

30 Day Push Up Challenge



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