

**The Challenge – Jan 3 – Feb 1**

**Frequency: Ab workouts: Four times a week.**

**Cardio: Most days of week (beginners:10 minutes; advanced: 20 minutes+ )**

**Note: Feel free to schedule personal training for yourself or your team anytime!**

**Please perform exercises that you are comfortable with. You know your body! If you are not sure of an exercise, please substitute another that you feel comfortable with or see a Personal Trainer (Lisa, Sonja, or Wesley) for assistance (x6178).**

**Time (Abs): Beginner – 20 seconds per move for 2 rounds. Rest when needed**

**Intermediate – 30 seconds per move for 3 rounds. Rest when needed**

**Advanced – 50 seconds per move for 3 rounds. Rest when needed**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		3 -plank -superman -reverse crunch	4 - crunch - plank front - russian twist	5 Rest	6 -plank -superman -reverse crunch	7 Rest
8 -jack knife situp - side plank -moutain climber	9 -plank -superman -reverse crunch	10 Rest	11 -jack knife situp -Plank front -russian twist	12 Rest	13 -jack knife situp -side plank -cross body mtn climber	14 Rest
15 -hip bridge -reverse crunch -side plank hip dip	16 -jack knife situp -flutter kicks -mountain climber	17 Rest	18 -mountain climber -jack knife situp -plank(push up position)	19 Rest	20 -heel touches - plank front -russian twist	21 Rest
22 -hip bridge -side plank hip dip -leg raise	23 -super man -reverse crunch -mountain climbers – 1 leg up	24 Rest	25 -side plank -modified v- sits -mountain climber	26 Rest	27 -plank (pushup position) -flutter kick -russian twist	28 Rest
29 -jack knife situp -plank(push up position) -cross body mountain climber	30 -hip bridge(one leg up) -russian twist -cross body mtn climber	31 Rest	1 -plank(feet spread) -cross body mountain climber -side plank			



Side Planks



Front Planks



Side Planks Hip Dips



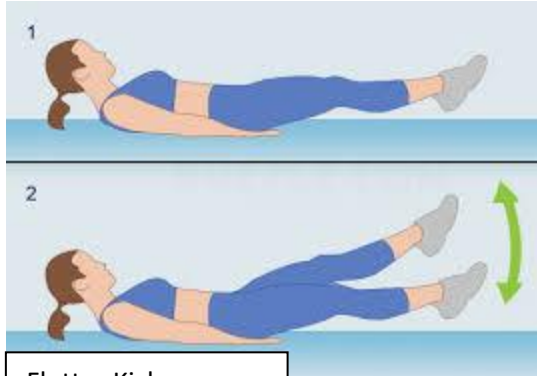
Planks Push-up Position



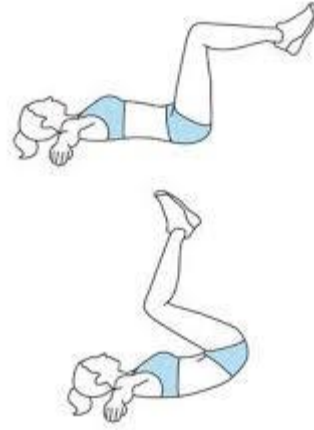
Mountain Climbers

*cross-body mountain climber*

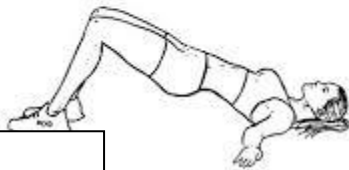
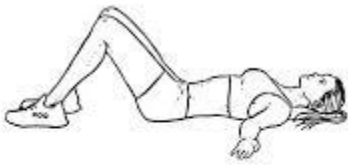




Flutter Kicks



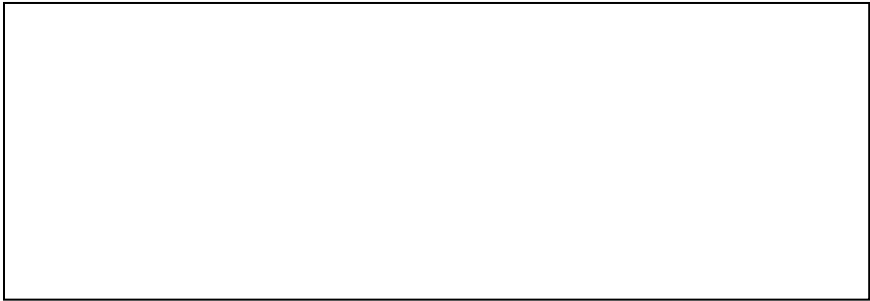
Reverse Crunch



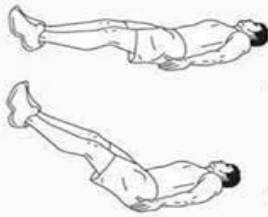
Hip Bridge



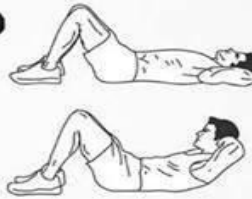
Superman



1. Russian twist



2. leg raises



3. crunches



4. heel touches



5. modified V-sits



6. Jack Knife Situps

