



# **30 DAY AB CHALLENGE PDF**

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Day	Crunches	Sit-ups w/ twist	Side bends
1-5	2 sets of 20	1 set of 10 (5 each side)	2 sets of 15
6-10	2 sets of 20 with a pause at the top*	1 set of 12 (6 each side)	2 sets of 15
11-15	2 sets of 30	1 set of 14 (7 each side)	2 sets of 15 add weight
16-20	2 sets of 30 with a pause at the top	1 set of 16 (8 each side)	2 sets of 15 add weight
21-25	2 sets of 40	1 set of 18 (9 each side)	2 sets of 15 add weight
26-30	2 sets of 40 with a pause at the top	1 set of 20 (10 each side)	2 sets of 15 add weight

\* Hold each pause/crunch in contracted position for 1 second

## Food Guidelines:

- 1 8 oz glass of water 10 minutes before each meal
- 8 total 8 oz glasses of water daily
- At least 4 full servings of colorful fruits or vegetables daily (brown is not a color here)
- Zero-calorie beverages only (including sports drinks)
- No alcohol
- Learn to read a food label.
- Avoid added sugars. Natural sugar in whole fruit is fine.
- Limit processed food products
- Limit made from flour (bread, pasta, pizza, tortillas, chips)
- Do not eat if you are not hungry.
- Learn to love being a little bit hungry. Not hangry. Maintain an edge.
- Adjust portion size downward if overweight.

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**Disclaimer:** The information provided in this 30-day ab challenge is intended for general informational and educational purposes only and is not a substitute for professional advice or treatment. This challenge is designed to target abdominal muscles and may not be suitable for everyone. Before beginning this or any new exercise program, it is important to consult with a healthcare or fitness professional, especially if you have any health concerns, medical conditions, or are new to physical exercise. It's crucial to listen to your body and adjust the intensity and frequency of the exercises according to your personal fitness level and capabilities. If you experience any pain, discomfort, or adverse reactions during the exercises, stop immediately and seek medical attention if necessary. Remember, safety and adherence to your own physical limits should always be your primary concern when engaging in any fitness activity. Additionally, achieving visible abs involves a combination of exercise, diet, and overall body fat reduction, which varies from person to person.