



# Ab Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1. 10 leg lowers 15 V sits 30sec plank ups	2. 12 leg lowers 17 V sits 35sec plank ups	3. 15 leg lowers 20 V sits 40sec plank ups	4.	5. 20 leg lowers 25 V sits 45sec plank ups
6. 22 leg lowers 27 V sits 50sec plank ups	7. 25 leg lowers 30 V sits 50sec plank ups	8.	9. 30 leg lowers 35 V sits 55sec plank ups	10. 32 leg lowers 37 V sits 60sec plank ups	11. 35 leg lowers 40 V sits 65sec plank ups	12.
13. 40 leg lowers 45 V sits 70sec plank ups	14. 42 leg lowers 47 V sits 75sec plank ups	15. 45 leg lowers 50 V sits 80sec plank ups	16.	17. 50 leg lowers 55 V sits 85sec plank ups	18. 52 leg lowers 57 V sits 90sec plank ups	19. 55 leg lowers 60 V sits 95sec plank ups
20.	21. 60 leg lowers 65 V sits 100sec plank ups	22. 62 leg lowers 67 V sits 105sec plank ups	23. 65 leg lowers 70 V sits 110sec plank ups	24.	25. 70 leg lowers 75 V sits 115sec plank ups	26. 72 leg lowers 77 V sits 120sec plank ups
27. 75 leg lowers 80 V sits 125sec plank ups	28.	29. 80 leg lowers 85 V sits 130sec plank ups	30. 82 leg lowers 87 V sits 135sec plank ups	31. 85 leg lowers 90 V sits 140sec plank ups		

# Exercise Instructions

## Leg Lowers

- Lie on your back with your arms by your sides
- Be sure to have your back nice and flat
- Raise your legs, keeping them straight create a 45° at the hips
- Draw your tummy in before lowering both legs so your heels are slightly off the ground
- Pause and return to the start position
- The movement should be slow and controlled
- Only lower your leg until your just before your lower back arches



# Exercise Instructions

## V Sits

- Lie on your back with your arms by your sides
- Be sure to have your back nice and flat
- By contracting your abdominals quickly pull yourself up from the floor while also lifting your legs
- The aim of the movement is to bring your chest and knees close together
- Pause and return to the start position



# Exercise Instructions

## Plank Ups

- Start in a plank position with your feet hip width apart and a straight line from your shoulders to your bottom
- You should be resting on your forearms
- Bracing through the core, lift your left arm and place your hand on the ground elbow straight, then to the same with your right hand
- Pause, before lowering your left arm back to the original position (resting on forearm), followed by the right arm
- Continue to alternate arms to lift and lower your body for the required duration or reps

