



# 1000 AB CHALLENGE 4 WEEK PROGRAM

Download The Videos For Exercise Demonstration

## DAY 1 DOUBLE CRUNCH



## DAY 2 SIDE CRUNCH



## DAY 3 PLANKS



## DAY 4 KETTLEBELL/DB ROTATIONS



## DAY 5 BICYCLE CRUNCH



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## DAY 6 SCISSOR KICKS 100 REPS



## DAY 7 OPPOSITE HAND LEG TOUCH 100 REPS



## DAY 8 BALL CRUNCH 100 REPS

## DAY 9 BALL TUCK CRUNCH 100 REPS



## DAY 10 SIDE PLANKS 100 REPS