


# 30-DAY ABS CHALLENGE

Most days you'll complete four different ab exercises for the reps and times listed below.  
Once a week you'll add in a workout video. For details to go [bit.ly/LSAbsChallenge](https://bit.ly/LSAbsChallenge)

<b>DAY 1</b>  <b>Plank: 10 sec.</b> <b>Boat pose: 10 sec.</b> <b>Scissor twist: 10</b> <b>Single-leg lift: 10</b>	<b>DAY 2</b>  <b>Plank: 15 sec.</b> <b>Boat pose: 15 sec.</b> <b>Scissor twist: 12</b> <b>Single-leg lift: 12</b>	<b>DAY 3</b>  <b>Rest</b>	<b>DAY 4</b>  <b>Plank: 15 sec.</b> <b>Boat pose: 15 sec.</b> <b>Scissor twist: 12</b> <b>Single-leg lift: 12</b>	<b>DAY 5</b>  <b>Plank: 20 sec.</b> <b>Boat pose: 20 sec.</b> <b>Scissor twist: 15</b> <b>Single-leg lift: 15</b>
<b>DAY 6</b>  <b>Rest</b>	<b>DAY 7</b>  <b>10-Minute</b> <b>Pilates-Inspired</b> <b>Workout Video</b>	<b>DAY 8</b>  <b>Plank: 20 sec.</b> <b>Boat pose: 20 sec.</b> <b>Scissor twist: 15</b> <b>Single-leg lift: 15</b>	<b>DAY 9</b>  <b>Plank: 30 sec.</b> <b>Boat pose: 30 sec.</b> <b>Scissor twist: 18</b> <b>Single-leg lift: 18</b>	<b>DAY 10</b>  <b>Rest</b>
<b>DAY 11</b>  <b>Plank: 30 sec.</b> <b>Boat pose: 30 sec.</b> <b>Scissor twist: 18</b> <b>Single-leg lift: 18</b>	<b>DAY 12</b>  <b>Plank: 35 sec.</b> <b>Boat pose: 35 sec.</b> <b>Scissor twist: 20</b> <b>Single-leg lift: 20</b>	<b>DAY 13</b>  <b>Rest</b>	<b>DAY 14</b>  <b>Quick HIIT</b> <b>for Strong Abs</b> <b>Workout Video</b>	<b>DAY 15</b>  <b>Plank: 45 sec.</b> <b>Boat pose: 45 sec.</b> <b>Scissor twist: 20</b> <b>Single-leg lift: 20</b>
<b>DAY 16</b>  <b>Plank: 50 sec.</b> <b>Boat pose: 50 sec.</b> <b>Scissor twist: 25</b> <b>Single-leg lift: 25</b>	<b>DAY 17</b>  <b>Rest</b>	<b>DAY 18</b>  <b>Plank: 60 sec.</b> <b>Boat pose: 60 sec.</b> <b>Scissor twist: 25</b> <b>Single-leg lift: 25</b>	<b>DAY 19</b>  <b>Plank: 65 sec.</b> <b>Boat pose: 65 sec.</b> <b>Scissor twist: 30</b> <b>Single-leg lift: 30</b>	<b>DAY 20</b>  <b>Rest</b>
<b>DAY 21</b>  <b>10-Minute</b> <b>Plyo HIIT</b> <b>Workout Video</b>	<b>DAY 22</b>  <b>Plank: 65 sec.</b> <b>Boat pose: 65 sec.</b> <b>Scissor twist: 30</b> <b>Single-leg lift: 30</b>	<b>DAY 23</b>  <b>Plank: 70 sec.</b> <b>Boat pose: 70 sec.</b> <b>Scissor twist: 35</b> <b>Single-leg lift: 35</b>	<b>DAY 24</b>  <b>Rest</b>	<b>DAY 25</b>  <b>Plank: 75 sec.</b> <b>Boat pose: 75 sec.</b> <b>Scissor twist: 40</b> <b>Single-leg lift: 40</b>
<b>DAY 26</b>  <b>Plank: 80 sec.</b> <b>Boat pose: 80 sec.</b> <b>Scissor twist: 40</b> <b>Single-leg lift: 40</b>	<b>DAY 27</b>  <b>Rest</b>	<b>DAY 28</b>  <b>10-Minute</b> <b>Pilates-Inspired</b> <b>Workout Video</b>	<b>DAY 29</b>  <b>Plank: 85 sec.</b> <b>Boat pose: 85 sec.</b> <b>Scissor twist: 45</b> <b>Single-leg lift: 45</b>	<b>DAY 30</b>   <b>Plank: 90 sec.</b> <b>Boat pose: 90 sec.</b> <b>Scissor twist: 50</b> <b>Single-leg lift: 50</b>