



Delta Wellness Center

SUPPORTED BY DELTA HEALTH ALLIANCE

7-DAY AB CHALLENGE

DAY	WORKOUT
DAY 1	Complete the following exercises, one after the other, with little rest in between moves. Crunches – 25 Reps Heel Touches – 25 Reps Leg Raises – 25 Reps Bicycle Crunches – 25 Reps Glute Bridges – 25 Reps
DAY 2	10 – Minute ABS Workout Perform each exercise for 45 seconds, resting for 15 seconds in between. Complete one full circuit. Flutter Kicks Reaching Oblique Crunch Side Plank (right) Side Plank (left) Russian Twist Toe Touch Crunches Reverse Crunch Knee Tucks Reverse Crunches 6 Inches
DAY 3	Complete circuit 1 twice. Rest 1 minute. Perform circuit 2, twice. Each circuit will take four minutes. Mountain Climbers – 20 seconds Scissors – 20 seconds Alternating Leg Raises – 20 seconds V – Ups 20 seconds Toe Touches – 20 seconds Bicycle Crunches – 20 seconds Russian Twist – 20 seconds Plank – 20 seconds



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DAY	WORKOUT
DAY 4	Complete the following exercises, one after the other, with little rest in between moves. Side Hip Bridge (Left) – 25 Reps Side Hip Bridge (Right) – 25 Reps Jack Knife Crunches – 25 Reps Windshield Wipers – 25 Reps Plank Jacks Pikes – 25 Reps
DAY 5	Complete 3 circuits. Move from one exercise to the next with little to no rest. Futter Kicks – 30 Reps (15 each side) V- Ups – 20 Reps (10 each side) Reach Through Crunches – 30 Reps
DAY 6	20 – Minute ABS Workout Perform each exercise for 45 seconds, resting for 15 seconds in between. Complete two full circuits. Flutter Kicks Reaching Oblique Crunch Side Plank (right) Side Plank (left) Russian Twist Toe Touch Crunches Reverse Crunch Knee Tucks Reverse Crunches 6 Inches
DAY 7	Complete 3 rounds. Rest for up to 60 seconds in between each circuit. Mountain Climbers – 20 Reps Russian twist – 20 Reps Plank Jacks – 20 Reps Star Crunches – 20 Reps