

# 30 Day Abs CHALLENGE



Post a 30 - 60 second video on only 7 days of the 30 day program up on **INSTAGRAM**

and get the extensive

**AFTERBURN**

**ANNIHILATION**

Core Solid System program for **FREE.**



## THE AFTERBURN 13 - MINUTE ABS

40 seconds	<b>LOW FOOT FLUTTERS</b>
15 second rest	
40 seconds	<b>LYING LOW AB KICKS</b>
15 second rest	
40 seconds	<b>LOW FOOT SCISSORS</b>
15 second rest	
40 seconds	<b>SUPER KICKS</b>
15 second rest	
40 seconds	<b>IN AND OUT CRUNCH</b>
15 second rest	
40 seconds	<b>V SEATS</b>
15 second rest	
40 seconds	<b>PLANK CRUNCH</b>
<b>Repeat the circuit X2</b>	

## THE AFTERBURN 13 - MINUTE OBLIQUES

40 seconds	<b>LYING SIDE REACH L</b>
15 second rest	
40 seconds	<b>LYING SIDE REACH R</b>
15 second rest	
40 seconds	<b>SIDE BRIDGE LEFT</b>
15 second rest	
40 seconds	<b>SIDE BRIDGE RIGHT</b>
15 second rest	
40 seconds	<b>BICYCLE TWIST</b>
15 second rest	
40 seconds	<b>HEEL TO HEEL TOUCH</b>
15 second rest	
40 seconds	<b>ALT TOE TOUCH L/R</b>
<b>Repeat the circuit X2</b>	

## THE AFTERBURN 13 - MINUTE CARDIO ABS

40 seconds	<b>ALT UNDER KICKS</b>
15 second rest	
40 seconds	<b>JACK L/R KNEE PUNCH</b>
15 second rest	
40 seconds	<b>FRONT JUMP JACKS</b>
15 second rest	
40 seconds	<b>POWER SQUATS</b>
15 second rest	
40 seconds	<b>CARDIO JUMP SQUATS</b>
15 second rest	
40 seconds	<b>RUSSIAN KICKS</b>
15 second rest	
40 seconds	<b>LADDER REACHES</b>
<b>Repeat the circuit X2</b>	

**30 DAY CHALLENGE**