

Movement of the Month Club

ABS

For details go to bit.ly/MOTMCAbs

Day 1 Straight-Leg Sit-Up	Day 2 Forearm Plank	Day 3 Dead Bug	Day 4 Figure 4 Leg Lift	Day 5 Side Plank	Day 6 Tuck Up	Day 7 HIIT Abs Workout
Day 8 Hollow Hold	Day 9 Single-Leg V-Up	Day 10 Sit-Up	Day 11 Cross-Body Hold	Day 12 Russian Twist	Day 13 Sprinter Sit-Up	Day 14 Core Endurance Workout
Day 15 Bicycle Crunch	Day 16 Alternating Side Plank	Day 17 Side Heel Touch	Day 18 Plank Rocker	Day 19 Bird Dog	Day 20 Reverse Crunch	Day 21 AMRAP Abs Workout
Day 22 Leg Raise	Day 23 Butterfly Sit-Up	Day 24 Side Plank Hip Dip	Day 25 Hollow Rock	Day 26 Plank Reach Out	Day 27 Tuck Up	Day 28 Ladder Abs Workout