

7 Day Ab Challenge

25 Crunches

25 Full Sit Ups

25 Leg Lifts

25 Bicycles

**30 Second Side Plank Hold
(each side)**

1 Minute Plank Hold

**Complete 1 round daily, or
2 rounds for an advanced
option.**

**By the end of the week
you'll have completed 700
ab reps and
14 minutes of plank!**



B A S I N
R E C R E A T I O N