

MARCH AB CHALLENGE

Week 1

20 Seconds / 20 each

- Plank - 20 Seconds
- 20 Bicycle Crunches
- 20 Reverse Crunches
- 20 Heel Touches
- 20 Ankle reach Lifts

REST DAY SUNDAY

Week 2

30 seconds / 30 Each

- Plank 30 seconds
- 30 Bicycle Crunches
- 30 Reverse Crunches
- 30 Heel Touches
- 30 Ankle reach Lifts

REST DAY SUNDAY

Week 3

40 Seconds / 40 each

- Plank 40 seconds
- 40 Bicycle Crunches
- 40 Reverse Crunches
- 40 Heel Touches
- 40 Ankle Reach Lifts

REST DAY SUNDAY

Week 4

50 Seconds / 50 each

- Plank 50 seconds
- 50 Bicycle Crunches
- 50 Reverse Crunches
- 50 Heel Touches
- 50 Ankle reach Lifts

REST DAY SUNDAY

Week 5 March 29-31

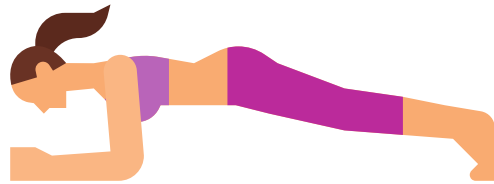
60 Seconds / 60 each

- Plank 60 seconds
- 60 Bicycle Crunches
- 60 Reverse Crunches
- 60 Heel Touches
- 60 Ankle reach Lifts

MARCH AB CHALLENGE

1

PLANKS



2

BICYCLE CRUNCHES



3

ANKLE REACH LEG LIFT



4

REVERSE CRUNCH



5

HEEL TOUCHES

