

# 30 Day Ab Challenge

[LiftVault.com](http://LiftVault.com)

[SpreadsheetClass.com](http://SpreadsheetClass.com)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>1 set, 30 seconds each:</p> <ul style="list-style-type: none"> <li>- lemon crushers</li> <li>- toe reaches</li> <li>- mountain climber holds</li> <li>- plank up/downs</li> </ul>		<p>3 sets, 40 seconds each:</p> <ul style="list-style-type: none"> <li>- high knees</li> </ul> <p>20 sec rest between sets</p>	<p>2 sets, 30 seconds each:</p> <ul style="list-style-type: none"> <li>- lemon crushers</li> <li>- toe reaches</li> <li>- mountain climber holds</li> <li>- plank up/downs</li> </ul>		<p>6 sets</p> <ul style="list-style-type: none"> <li>- 30 second sprints</li> </ul> <p>75 sec rest between sets</p>	REST
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<p>1 set, 45 seconds each:</p> <ul style="list-style-type: none"> <li>- dead bugs</li> <li>- leg drops</li> <li>- alternating toe touches</li> <li>- scissors</li> </ul>		<p>3 sets</p> <p>40 seconds of HIIT tuck jumps</p> <p>20 sec rest between sets</p>	<p>2 sets, 45 seconds each:</p> <ul style="list-style-type: none"> <li>- dead bugs</li> <li>- leg drops</li> <li>- alternating toe touches</li> <li>- scissors</li> </ul>		<p>6 sets</p> <ul style="list-style-type: none"> <li>- 30 second sprints</li> </ul> <p>75 sec rest between sets</p>	REST
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<p>1 set, 60 seconds each:</p> <ul style="list-style-type: none"> <li>- Russian twists</li> <li>- side plank rotations</li> <li>- opposite arm/leg lifts</li> <li>- banana rolls</li> </ul>		<p>6 sets</p> <p>40 seconds of froggers</p> <p>20 sec rest between sets</p>	<p>2 sets, 60 seconds each:</p> <ul style="list-style-type: none"> <li>- Russian twists</li> <li>- side plank rotations</li> <li>- opposite arm/leg lifts</li> <li>- banana rolls</li> </ul>		<p>6 sets</p> <p>30 seconds of sprints</p> <p>75 sec rest between sets</p>	REST
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<p>1 set, 50 seconds each:</p> <ul style="list-style-type: none"> <li>- kneeling medicine ball chops</li> <li>- kneeling medicine ball slams</li> <li>- resistance band bicycle presses</li> <li>- resistance band plank jacks</li> <li>- side plank leg lifts</li> <li>- bicycles</li> </ul>		<p>6 sets</p> <p>40 seconds of burpees</p> <p>20 sec rest between sets</p>	<p>2 sets, 50 seconds each:</p> <ul style="list-style-type: none"> <li>- kneeling medicine ball chops</li> <li>- kneeling medicine ball slams</li> <li>- resistance band bicycle presses</li> <li>- resistance band plank jacks</li> <li>- side plank leg lifts</li> <li>- bicycles</li> </ul>		<p>6 sets</p> <p>30 seconds of sprints</p> <p>75 sec rest between sets</p>	REST
Day 29	Day 30			Notes		
<p>1 or 2 sets, 50 seconds each:</p> <ul style="list-style-type: none"> <li>- kneeling medicine ball chops</li> <li>- kneeling medicine ball slams</li> <li>- resistance band bicycle presses</li> <li>- resistance band plank jacks</li> <li>- side plank leg lifts</li> <li>- bicycles</li> </ul>	<p>1 set, 30 seconds each:</p> <ul style="list-style-type: none"> <li>- every core exercise from the challenge</li> </ul>					