www.theholistichealthpt.com

4 WEEK ABS AND CORE

Challenge

Build a strong core, protect your back and start to see those abs!

@theholistichealthpt

briony@theholistichealthpt.com

WELCOME

Welcome to your abs challenge! For 4 weeks you will have 4 days of abs work, where you go through 6 different exercises for different lengths of time.

Each workout won't take you long: about a maximum of about 15 minutes. Just make sure you're consistent throughout the challenge!

Each week track how you are doing, and feel free to share your progress on instagram, we're all in this together! We have a sheet below you can fill in, you can also screenshot an instagram story template from my instagram: @theholistichealthpt

IMPORTANT: Do 2 rounds of each day's workout, 15 seconds rest between each exercise and 1 minute rest between the two rounds

i.e. 35 second plank, 15 second rest, 35 second plank jacks, 15 second rest etc

Welcome

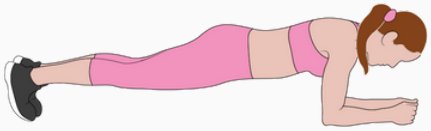
Either print off this page, or save it to your phone, and cross through each workout as you do it!

Let me know how you get on...

Good luck

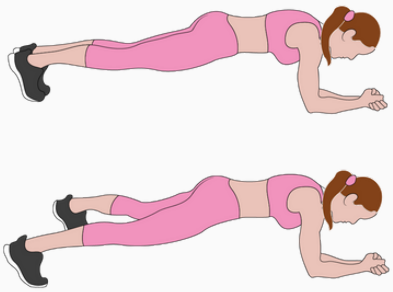
Week	Time per exercise	Workout 1	Workout 2	Workout 3	Workout 4
Week 1	30s	Let's go! 			Smashed the first week! 
Week 2	35s				Half way there! 
Week 3	40s		Keep going! 		
Week 4	45s				Woohoo!! 

Abs: *Day 1*



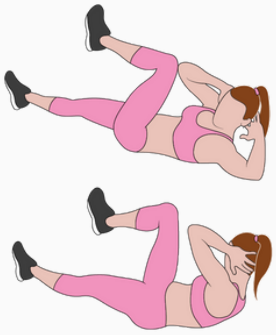
PLANK

1. Lie down on the floor facing down. Position your elbows directly beneath your shoulders.
2. Lift up the rest of your body by going on your tip toes.
3. Make sure to maintain a straight back and buttocks by squeezing your abs.



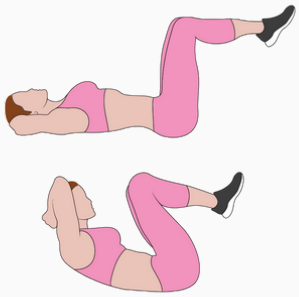
PLANK JACKS

1. Lie down on the floor facing down. Position your elbows directly beneath your shoulders.
2. Lift up the rest of your body by going on your tip toes.
3. Then, perform jumping jacks in this plank position. Simply step out with both your feet and step back in.



BICYCLE CRUNCHES

1. Lie down on your back. Bend your knees and plant your feet on the floor, hip-width apart. Place your arms behind your head, pointing your elbows outward.
2. Lift your knees to 90 degrees and raise your upper body.
3. Exhale and rotate your trunk, moving your right elbow and left knee toward each other. Simultaneously straighten your right leg. Pause.
4. Alternate between each side.

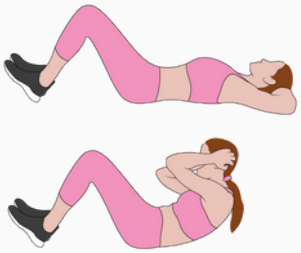


KNEES UP CRUNCH

1. Lie on your back.
2. Lift your legs and bend them at 90-degrees angle to your body.
3. Place your hands behind your head and lift your shoulder blades up.
4. Try to tap your elbows to your knees, if not, lift as high as you can.
5. Return back and repeat.

LEG RAISES

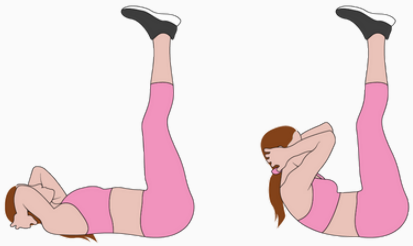
1. Lie on your back with your hands straight by your sides.
2. Keeping your head on the floor, lift one leg upwards to a 90-degree angle (further if you can).
3. As your straight leg is reaching to the top, lift your torso slightly off the ground.
4. Lower your leg and repeat for the other leg. Simply alternate between the two.



CRUNCHES

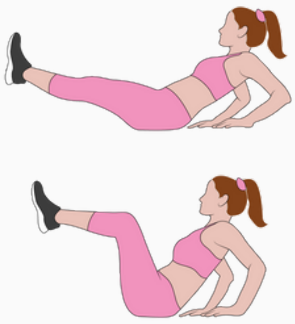
1. Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale.
2. Exhale and lift your upper body, keeping your head and neck relaxed.
3. Inhale and return to the starting position.

Abs: *Day 2*



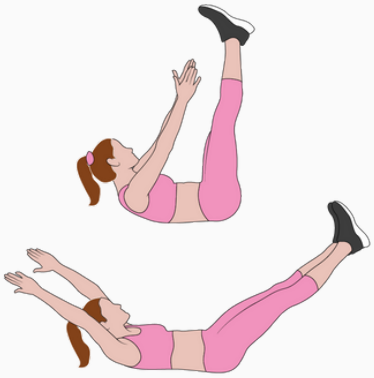
CRUNCHES W/ RAISED LEGS

1. Lie down on the floor on your back with your hands behind your head.
2. Raise both legs to a 90-degree angle to your body/floor.
3. Lift your upper body towards your legs.
4. Slowly lower and repeat.



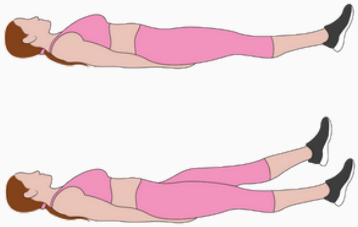
V-UP CRUNCHES

1. Lie down on your back on a mat or floor. Slightly lift your upper body by placing your arms bent at each side at your buttocks.
2. Then, lift and extend your legs off the floor with your knees slightly bent. Use your abs and some assistance from your arms to crunch inwards by moving your upper body up towards your legs and your legs towards your chest. Then, lower and repeat..



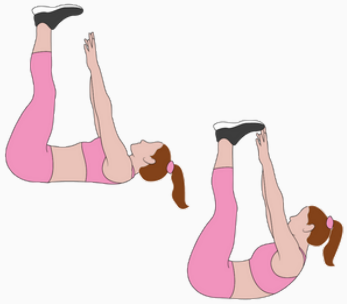
V-UPS

1. Lie on your back with your arms alongside your body. Lift your legs and arms to touch the hands to your toes or ankles.
2. Make sure that your legs are straight throughout the movement. Hold the position, and release back down.
3. Repeat the movement.



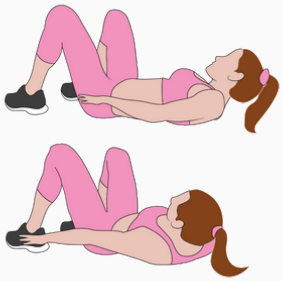
FLUTTER KICKS

1. Lie on your back with your arms at your sides.
2. Lift both of your legs a few inches off the ground.
3. Lift one above the other, then lower, and so on.
4. Alternate until you've completed all reps.



TOE TOUCHES

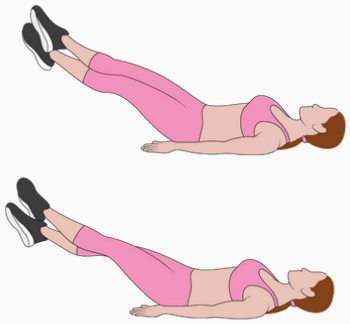
1. Lie down on a mat or the floor, and lift your legs to a 90-degree angle.
2. Then, keeping your legs straight, try to touch your toes with the tip of your hands.
3. Release back down to the floor and repeat the movement.



HEEL TOUCHES

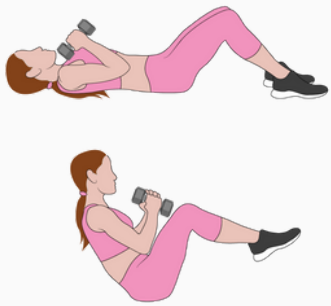
1. Lay down with your back on the ground and your knees bent and pointed towards the ceiling. Step
2. With your arms on your side raise your shoulders slightly off the ground.
3. Using your abs rotate your right hand down to your right foot and then back up.
4. Then do the same thing with your left hand.

Abs: *Day 3*



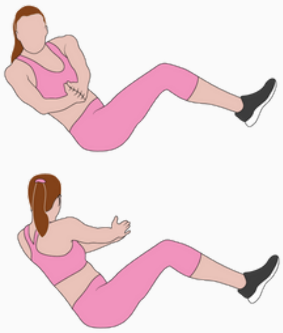
SCISSOR KICKS

1. Lie on your back with your arms at your sides.
2. Lift both of your legs a few inches off the ground and separate them into a "V" shape.
3. Bring both legs together and cross your right leg over the left - just like scissors.
4. Alternate until you've completed all reps



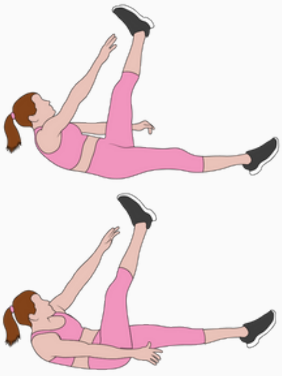
TORTURE TUCKS

1. Grab a dumbbell and hold it in two hands.
2. Lie down on your back with the dumbbell on your chest.
3. Holding it with both hands, raise your upper body off the ground and your legs towards yourself (simultaneously).
4. Lower slowly and repeat.



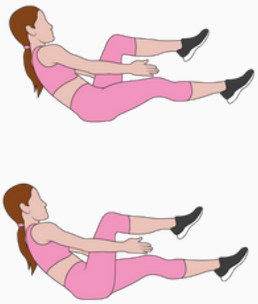
RUSSIAN TWIST

1. Sit down on the floor or a mat.
2. Hold a medicine ball in both hands.
3. Bend your legs slightly so only your heels touch the floor.
4. Twist your head to the right and rotate your torso by moving your arms and medicine ball to the right too.
5. Rotate both torso and head to the other side and alternate.



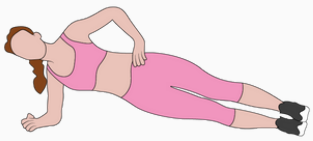
ALTERNATING V-UPS

1. Lie down on the floor on your back.
2. Lift your right arm and your left leg and try to touch your hand to your foot.
3. Alternate between each arm and leg by raising the opposite leg to the arm.
4. Perform for a number of reps by alternating between each side.



CLAPPING CRUNCHES

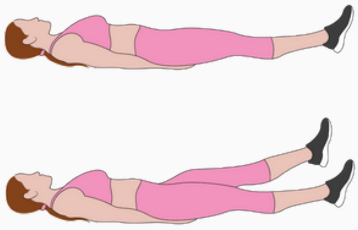
1. Lie down on your back. Bend your knees and plant your feet on the floor, hip-width apart.
2. Lift your knees to 90 degrees and raise your upper body.
3. Clap with your hands between each leg as you 'cycle' with your legs.
4. Alternate between each side.



SIDE PLANK

1. Lie on your side with your knees bent, and prop your upper body up on your elbow.
2. Raise your hips off the floor, and hold for a few seconds.
3. Repeat on the other side.

Abs: *Day 4*



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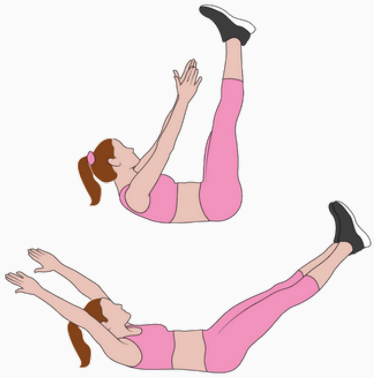

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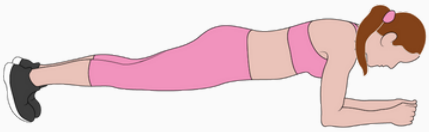

PLANK

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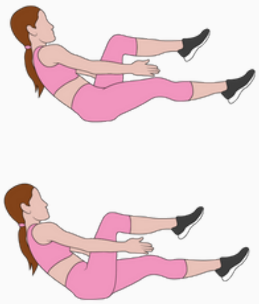

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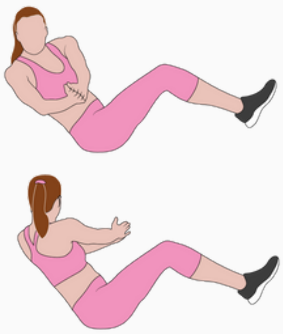

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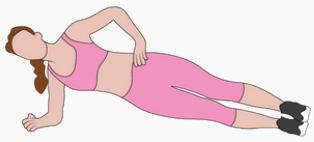

SIDE PLANK

1. Lie on your side with your knees bent, and prop your upper body up on your elbow.
2. Raise your hips off the floor, and hold for a few seconds.
3. Repeat on the other side.

I hope you enjoyed taking part, keep an eye out for the next challenges and support on my instagram: @theholistichealthpt

See you soon!

Briony

THE HOLISTIC HEALTH PT

NOURISH . BALANCE . TRANSFORM