

*Blogilates*

**30  
DAY**

# FLAT ABS CHALLENGE

Complete the # of reps of each exercise listed every day to earn your flat abs by day 30! The reps include the EXTRA # of water cups I want you to drink daily to keep from bloating.



Reverse Crunch



Double Leg Lift



Ankle Reach



Criss-Cross



Roll-Up

**1**

- ☐ 5 Roll-Ups
- ☐ 5 Ankle Reaches
- ☐ 5 Leg Lifts

**2**

- ☐ 6 Roll-Ups
- ☐ 6 Ankle Reaches
- ☐ 6 Leg Lifts

**3**

- ☐ 7 Roll-Ups
- ☐ 7 Ankle Reaches
- ☐ 7 Leg Lifts

**4**

- ☐ 8 Roll-Ups
- ☐ 8 Ankle Reaches
- ☐ 8 Leg Lifts

**5**

- ☐ 9 Roll-Ups
- ☐ 9 Ankle Reaches
- ☐ 9 Leg Lifts

**6**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts

**7**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 5 Reverse Crunches

**8**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 6 Reverse Crunches

**9**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 7 Reverse Crunches

**10**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 8 Reverse Crunches

**11**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 9 Reverse Crunches

**12**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches

**13**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 5 Criss-Crosses

**14**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 6 Criss-Crosses

**15**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 7 Criss-Crosses

**16**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 8 Criss-Crosses

**17**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 9 Criss-Crosses

**18**

- ☐ 10 Roll-Ups
- ☐ 10 Ankle Reaches
- ☐ 10 Leg Lifts
- ☐ 10 Reverse Crunches
- ☐ 10 Criss-Crosses

**19**

- ☐ 11 Roll-Ups
- ☐ 11 Ankle Reaches
- ☐ 11 Leg Lifts
- ☐ 11 Reverse Crunches
- ☐ 11 Criss-Crosses

**20**

- ☐ 12 Roll-Ups
- ☐ 12 Ankle Reaches
- ☐ 12 Leg Lifts
- ☐ 12 Reverse Crunches
- ☐ 12 Criss-Crosses

**21**

- ☐ 13 Roll-Ups
- ☐ 13 Ankle Reaches
- ☐ 13 Leg Lifts
- ☐ 13 Reverse Crunches
- ☐ 13 Criss-Crosses

**22**

- ☐ 14 Roll-Ups
- ☐ 14 Ankle Reaches
- ☐ 14 Leg Lifts
- ☐ 14 Reverse Crunches
- ☐ 14 Criss-Crosses

**23**

- ☐ 15 Roll-Ups
- ☐ 15 Ankle Reaches
- ☐ 15 Leg Lifts
- ☐ 15 Reverse Crunches
- ☐ 15 Criss-Crosses

**24**

- ☐ 16 Roll-Ups
- ☐ 16 Ankle Reaches
- ☐ 16 Leg Lifts
- ☐ 16 Reverse Crunches
- ☐ 16 Criss-Crosses

**25**

- ☐ 17 Roll-Ups
- ☐ 17 Ankle Reaches
- ☐ 17 Leg Lifts
- ☐ 17 Reverse Crunches
- ☐ 17 Criss-Crosses

**26**

- ☐ 18 Roll-Ups
- ☐ 18 Ankle Reaches
- ☐ 18 Leg Lifts
- ☐ 18 Reverse Crunches
- ☐ 18 Criss-Crosses

**27**

- ☐ 19 Roll-Ups
- ☐ 19 Ankle Reaches
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- ☐ 20 Roll-Ups
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- ☐ 21 Roll-Ups
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- ☐ 22 Roll-Ups
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- ☐ 22 Reverse Crunches
- ☐ 22 Criss-Crosses

## 30 Day Abs Challenge

**Carmelo Ardito, Simone Diniz Junqueira  
Barbosa, Tayana Conte, André  
Freire, Isabela Gasparini, Philippe  
Palanque, Raquel Prates**

### **30 Day Abs Challenge:**

*How to Get Abs* Oswin Dacosta, 2015-01-25 HOW TO GET ABS II This is book II which is a part of a series and it will cover a variety of concepts that will teach you how to get rid of fat build up over your stomach and teach you how to do this effectively You will learn how to eliminate fat and become more toned and ripped in the stomach or core region in no time at all When your stomach is flat and tight it can actually lift your self esteem and make you very proud and aware of your overall physical condition There is more to ab weight loss than just exercise weight loss is just a component of the flat ab process Book II will cover how to get visible and attractive abs in 30 days Again thank you for picking up my book As I said this book will cover the precise ways for anyone especially women to loose belly fat and drop sizes fast We will cover flat stomach exercises how to reduce belly fat the diet and nutrition associated with it and machines that will help you with your weight loss goal You will leave this book and this series with a much better understanding of how your body works and how to get rid of unwanted body fat and look sexy again If you are someone who has struggled with weight loss for some time you will feel right at home with this read

**Designing and Teaching Fitness Education Courses** Jayne Debra Greenberg, Nichole D. Calkins, Lisa S. Spinosa, 2022 Helps physical educators develop and implement fitness education courses in their curricula Includes pacing guides which act as a teacher s blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment

*The Women's Health Big Book of Abs* Adam Bornstein, Editors of Women's Health, 2012-05-08 The essential diet and fitness guide to lean sexy abs including a results driven 4 week program to lose weight strengthen your core and tone your entire body Call it a spare tire muffin top or paunch Men and women consistently cite their belly as their biggest problem area and it is often the toughest final pounds to lose Not anymore Whether readers eating habits have been affected by stress their bodies have changed with age or they re constantly doing crunches without results it s time to blast belly fat the right way Using the comprehensive week by week eating and exercise plan readers can lose up to 20 pounds in 4 weeks and keep it off forever The Women s Health Big Book of Abs special features include A delicious easy to follow diet that includes satisfying carbs A special section on the best pre and post pregnancy workouts Hundreds of tips on how to reveal a lean flat belly and bikini worthy body Including a step by step 4 week eating and exercise plan easy to prepare recipes and hundreds of exercises The Women s Health Big Book of Abs is the ultimate guide to a leaner fitter sexier body starting with your core

**Human-Computer Interaction - INTERACT 2025** Carmelo Ardito, Simone Diniz Junqueira Barbosa, Tayana Conte, André Freire, Isabela Gasparini, Philippe Palanque, Raquel Prates, 2025-09-08 This four volume set LNCS 16108 16111 constitutes the proceedings of the 20th IFIP TC 13 International Conference on Human Computer Interaction INTERACT 2025 held in Belo Horizonte Brazil during September 8 12 2025 The 69 full papers 34 short papers and 79 papers of other types included in this book were carefully reviewed and selected from 330 submissions They were organized in topical sections as follows Part I

Accessibility Adaptive and AI Powered Learning Systems Aesthetics in HCI Affective HCI and Emotion and Augmented Reality Part II Computer Supported Cooperative Work Context Dependent Systems Design and Evaluation in Smart and Ubiquitous Contexts Designing for Identity Safety and Cultural Values Emotionally Informed Design HCD for Mission Critical Systems HCI in Formal and Inclusive Learning Contexts HCI in Healthcare and Wellbeing and Human AI Interaction Part III Interaction with Small or Large Displays Learning Tools and Intelligent Tutoring Methodologies for HCI Multimodal Assistive Interfaces Usability Evaluation Methods Usable Privacy and Security Part IV Courses Industrial Experiences Interactive Demonstrations Panels Posters and Workshops

**Sex and Gender in the Pacific** Angela Kelly-Hanku, Peter Aggleton, Anne Malcolm, 2023-02-24 This book examines sex sexuality gender and health in the Pacific with a focus on three key sets of issues young people culture and education sexual and reproductive health and well being and belonging connectedness and justice Bringing together the work of scholars from across the Pacific region this innovative volume showcases traditional knowledge and diverse disciplinary scholarship of policy and practice relevance In addition to focusing on relationships health education family and community chapters engage with a number of cross cutting themes including violence justice and rights and sexuality and gender diversity Drawing on the diversity and richness of the Pacific its cultures languages and people the book lays the foundations for future conversations and scholarship for and by those within the Pacific Sex and Gender in the Pacific is an important resource for students researchers and practitioners working in Pacific studies sexuality and gender studies public health nursing public policy sociology education and anthropology

Banish Your Belly, Butt & Thighs in 30 Days! Prevention Health Books Staff, 2001

*The Journal of Immunology*, 2007

*Partner Workouts* Laura Williams, 2017-01-16 Team up train together and add variety to your workout with Partner Workouts If you struggle to stay motivated when working out let Partner Workouts guide you back into the game Discover the benefits of working out with a partner avoid slacking and maximise your workout session with over 70 partner exercises Partner Workouts shows you how to test yourself with stability exercises and resistance training for beginner intermediate and advanced levels of confidence all using fun and effective partner training Enjoy couple workouts and further your progress with 8 week programs that structure exercises into effective achievable and challenging fitness plans Push yourself motivate your partner and achieve your goals together

30 Day Abs Amber White, 2020-08-22 Welcome to the 30 days of abs program This book and the accompanying videos are designed to give you all the exercises and workouts you need to build a strong and sexy core The first part of the book contains video demonstrations of the 62 ab exercises used in the workouts Take some time and watch the videos Familiarize yourself with how to do each exercise before you start the workouts The second part of the book contains 30 different ab workouts They are intended to be done in order There are intentionally no rest days Incorporate the daily workouts into whatever workout routine you are currently doing No need to think up exercises day to day just follow the daily workouts to build core strength and muscular definition As you work through the program it s ok to scale or modify This

means changing the program to suit you If you need to scale down and do less reps or have more rest time that s ok If it s easy and you want to go up in reps or add weights that good too Modify as necessary Do the best you can and remember the important part is consistency Get up stick with it and work the program every day and it will work for you You will notice increased strength better posture better form and more definition as you build your abs Format Ebook Adobe PDF Author Amber White founder of Hustlecut hustlecut com

**Helminthological Abstracts** ,1966      **Six-Pack Abs in 60 Days** Robert Kennedy,Dwayne Hines, II,2006-01-20 Great abs don t pop out overnight they are built through hard work based upon sound training and nutritional principles The Six Pack Abs in 60 Days program provides beginners with the guidance they need to put themselves in the rare minority with those who have a tight and trim midsection The most effective abdominal exercises are explained depicted in motivating photographs and outlined in an eight week program consisting of six routines of varying intensities As well numerous aerobic exercises are described and presented in detailed routines targeting the fat burning aspect for super six pack abs Nutritional principles are the third element in making the most rapid transition from super flab to super abs therefore fat carbohydrate and protein requirements are explained in easy to understand terms Six Pack Abs in 60 Days lays down a clear foundation and path to achieving and maintaining the streamlined waistline men have always dreamed of but now don t have to

**U.S. News & World Report** ,2008      *Video Source Book* ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

**Program and Abstracts of the Thirty-Second Interscience Conference on Antimicrobial Agents and Chemotherapy** ,1992      **The Video Source Book** David J. WEINER,1990      **The Ladies' Home Journal** ,2001      *Program and Abstracts* ,1992      *American Journal of Respiratory and Critical Care Medicine* ,2005      **TV Guide** ,2004      **The Archer's Register** ,1893

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