

30 Day SQUAT-AB-CHALLENGE

MAY

			1 20 squats ___ Complete	2 25 squats ___ Complete	3 30 squats ___ Complete	4 35 squats ___ Complete
5 40 squats ___ Complete	6 45 squats ___ Complete	7 50 squats ___ Complete	8 55 squats ___ Complete	9 60 squats ___ Complete	10 REST	11 65 squats ___ Complete
12 70 squats ___ Complete	13 75 squats ___ Complete	14 80 squats ___ Complete	15 85 squats ___ Complete	16 90 squats ___ Complete	17 95 squats ___ Complete	18 100 squats ___ Complete
19 100 squats ___ Complete	20 50 squats ___ Complete	21 55 squats ___ Complete	22 60 squats ___ Complete	23 100 squats ___ Complete	24 65 squats ___ Complete	25 70 squats ___ Complete
26 100 squats ___ Complete	27 REST!	28 80 squats ___ Complete	29 90 squats ___ Complete	30 100 squats ___ Complete	31 CELEBRATION!!!!	

Women's Health

<http://www.womenshealthmag.com/fitness/advanced-workout-reverse-lunge-with-single-arm-press?workout=13841>

Flatten Your Belly with This Killer Ab Workout

Get a tight stomach in just six weeks without doing a single crunch. This may be the easiest workout we've ever printed

MOVE **1**

Basic Workout: Plank

← BACK



NEXT →

Starting at the top of a pushup position, bend your elbows and lower yourself down until you can shift your weight from your hands to your forearms. Your body should form a straight line. Brace your abs (imagine someone is about to punch you in the gut) and hold for 60 seconds. If you can't make it to 60 seconds, hold for 5 to 10 seconds and rest for 5 seconds, continuing for 1 minute. Focus on form: Don't drop your hips or raise your butt.

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MOVE **2**

Basic Workout: Side Plank

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NEXT [→](#)

Lie on your right side with your legs straight. Prop yourself up with your right forearm so your body forms a diagonal line. Rest your left hand on your hip. Brace your abs and hold for 60 seconds. If you can't make it to 60 seconds, hold for 5 to 10 seconds and rest for 5; continue for 1 minute. Be sure your hips and knees stay off the floor.

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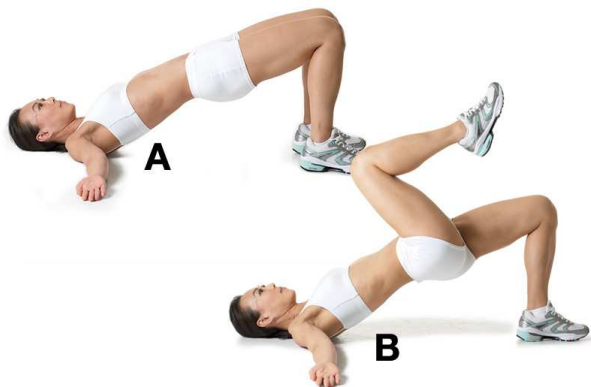
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MOVE **3**

Basic Workout: Glute Bridge March

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NEXT →

Lie on your back with your knees bent and your feet flat on the floor. Rest your arms on the floor, palms up, at shoulder level. Raise your hips so your body forms a straight line from your shoulders to your knees (A). Brace your abs and lift your right knee toward your chest (B). Hold for 2 counts, then lower your right foot. Repeat with the other leg. That's 1 rep. Do 2 or 3 sets of 5 to 10 reps.

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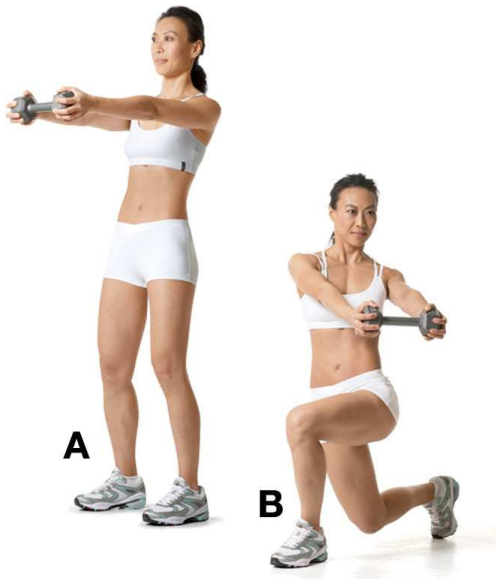
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MOVE 4

Basic Workout: Lunge with Rotation

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NEXT →

Grab a 5- to 15-pound dumbbell with both hands. Stand with your feet hip-width apart and your arms straight out (A). Take a big step forward with your left foot and, bracing your abs, twist your torso to the left as you bend your knees and lower your body until both of your legs form 90-degree angles (B). Twist back to center, push off your left foot, and stand back up. Repeat on the other leg. That's 1 rep. Do 2 or 3 sets of 10 to 15 reps. Keep your elbows straight but not locked.

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MOVE 5

Advanced Workout: Plank with Arm Lift

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NEXT →

Get into the plank position (toes and forearms on the floor, body lifted). Your body should form a straight line (A). Brace your abs and carefully shift your weight to your right forearm. Extend your left arm in front of you (B) and hold for 3 to 10 seconds. Slowly bring your arm back in. Repeat with the right arm. That's 1 rep. Do 2 or 3 sets of 5 to 10 reps, resting for 1 minute between sets

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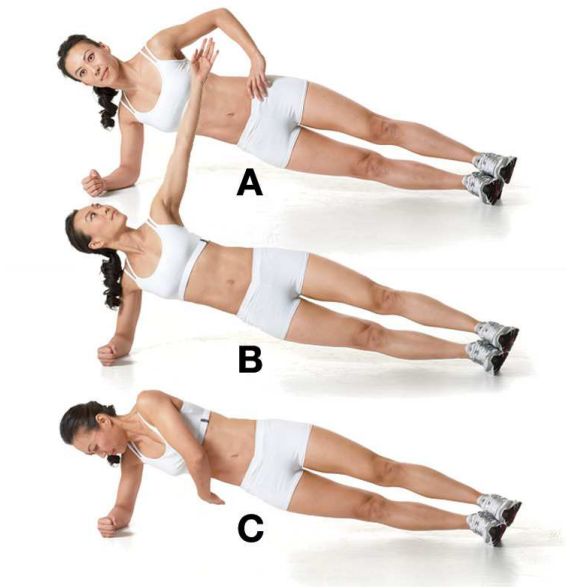
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MOVE 6

Advanced Workout: Side Plank with Rotation

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NEXT →

In a right-side plank position (A), brace your abs and reach your left hand toward the ceiling (B). Slowly tuck your left arm under your body and twist forward until your torso is almost parallel to the floor (C). Return to the side plank. That's 1 rep. Do 2 or 3 sets of 5 to 10 reps on each side, resting for 1 minute between sets.

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MOVE **7**

Advanced Workout: Hip-Thigh Raise

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NEXT →

Lie on your back with your right knee bent and your left leg extended. Rest your arms on the floor, palms up, at shoulder level with your hips about 2 inches off the floor (A). Raise your hips to form a straight line from your shoulders to your left foot (B). Hold for 2 counts, then return to start. That's 1 rep. Do 10 to 15 reps on each side. To make it harder, cross your arms over your chest.

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MOVE 8

Advanced Workout: Reverse Lunge with Single-Arm Press

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NEXT →

Grab a 5- to 15-pound dumbbell in your left hand and hold it up next to your left shoulder, palm facing in (A). Step backward with your left foot and lower your body until your knees are bent 90 degrees (your left knee should nearly touch the floor) while pressing the dumbbell directly over your shoulder without bending or leaning at the waist (B). Lower the weight back to the starting position as you push quickly back to standing. That's 1 rep. Do 10 to 15, then switch sides.