

BALRUN

28-Day Abs Challenge

Abs Challenge Instructions:

- 1 Each day, complete the **abs** exercise assigned for that day.
- 2 Your goal is to complete **100 total reps** of that exercise.
- 3 You can break the reps into as **many rounds** as needed.
- 4 **Recommended:** Complete **5 rounds** until you reach 100 reps.
- 5 Follow the program day by day in order.
- 6 After finishing Day 7, move on to the next week and continue.

Total Program: 28 days • 4 weeks • 7 days per week

WEEK 1 (Days 1–7)

DAY 1 CRUNCHES

DAY 2 LEG RAISES

DAY 3 RUSSIAN TWISTS

DAY 4 BICYCLE CRUNCHES

DAY 5 PLANK HOLD

DAY 6 HEEL TOUCHES

DAY 7 MOUNTAIN CLIMBERS

Coaching:

10–20 reps each round
Complete 5 rounds

MOVE TO WEEK 2

WEEK 2 (Days 8–14)

DAY 8 FLUTTER KICKS

DAY 9 PLANK HIP DIPS

DAY 10 REVERSE CRUNCHES

DAY 11 V-UPS

DAY 12 SIDE PLANK (L&R)

DAY 13 TOE TOUCHES

DAY 14 SIT-UPS

Coaching:

10–20 reps each round
Complete 5 rounds

MOVE TO WEEK 3

WEEK 3 (Days 15–21)

DAY 15 HEEL TAPS

DAY 16 LEG RAISE + TWIST

DAY 17 HOLLOW HOLD

DAY 18 CROSS CRUNCHES

DAY 19 STARPISH CRUNCHES

DAY 20 SIDE PLANK ROTATIONS

DAY 21 BICYCLE CRUNCHES

MOVE TO WEEK 4

WEEK 4 (Days 22–28)

DAY 22 BODYWEIGHT IN & OUTS

DAY 23 JACKKNIFE SIT-UPS

DAY 24 DEAD BUG

DAY 25 PLANK TOE PIKE

DAY 26 FLUTTER KICKS

DAY 27 HEEL TOUCHES

DAY 28 PLANK HOLD

DONE
CHALLENGE COMPLETE