

7 DAY ABS & CORE

A different core workout every day. No equipment.

LENGTH 7 Days	EQUIPMENT None	FOCUS Abs & Core	LEVEL All Levels
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WEEK 1

TAP A WORKOUT TO OPEN THE VIDEO

01	CORE ACTIVATION	▶ <u>The BEST Abs Routine That Gets Results</u>	10 min	☐
02	LOWER ABS	▶ <u>Lower Abs Workout</u>	10 min	☐
03	TOTAL CORE	▶ <u>Total Core Workout</u>	20 min	☐
04	OBLIQUES	▶ <u>Obliques Workout (No Equipment)</u>	5 min	☐
05	CORE CONTROL	▶ <u>Total Abs Workout</u>	12 min	☐
06	INTENSITY SPIKE	▶ <u>Advanced Abs Workout</u>	15 min	☐
07	FINAL CHALLENGE	▶ <u>Total Ab Workout (No Equipment)</u>	20 min	☐

- HOW TO RUN IT
- Slow down. Control beats speed on every one of these movements.
 - Press your low back into the floor on lower ab work.
 - Pause the video when you need to. Rest is part of it.

NOTES