

8 WEEK Abs Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Rest	2min hoop 3 sets 2 reps ab roller	2min hoop 3 sets 2 reps ab roller	Fabulous Abs workout	3min hoop 3 sets 2 reps ab roller OR Rest
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
3min hoop 3 sets 2 reps ab roller	Rainbow	Rest	4min hoop 3 sets 3 reps ab roller	4min hoop 3 sets 3reps ab roller
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Fabulous Abs Workout	5min hoop 3 sets 3 reps ab roller	5min hoop 3 sets 3 reps ab roller OR Rest	Double rainbow Hip Dips 2x sets	Rest
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
5min hoop 3 sets 4 reps ab roller	6min hoop 3 sets 4 reps ab roller	Fabulous Abs Workout	6min hoop 3 sets 4 reps ab roller	6min hoop 3 sets 4 reps ab roller OR Rest
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Double Rainbow	Rest	7min hoop 3 sets 5 reps ab roller	7min hoop 3 sets 5 reps ab roller	Fabulous Abs Workout
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
8min hoop 3 sets 5 reps ab roller	7min hoop 3 sets 5 reps ab roller OR Rest	Leg raises 1x set Double Rainbow Hip Dips max reps	Rest	8min hoop 3 sets 6 reps ab roller

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DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
8min hoop 3 sets 6 reps ab roller	Fabulous Abs Workout	3 sets 7 reps ab roller	9min hoop 3 sets 7reps ab roller OR Rest	Leg raises x2 sets Hip Dips max reps
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40
Double rainbow	3 sets 7 reps ab roller	11min hoop	Fabulous Abs Workout	13min hoop
DAY 41	DAY 42	DAY 43	DAY 44	DAY 45
3 sets 8 reps ab roller OR rest	Leg raises x2 sets Hip Dips max reps	Double rainbow	3 sets 8 reps ab roller	15min hoop
DAY 46	DAY 47	DAY 48	DAY 49	DAY 50
Fabulous Abs Workout	17min hoop	18 reps ab roller	Leg raises x2 sets Hip Dips max reps	Double rainbow
DAY 51	DAY 52	DAY 53	DAY 54	DAY 55
20 reps ab roller	20min hoop	Fabulous Abs Workout	20min hoop OR Rest	20 reps ab roller OR rest
DAY 56	DAY 57	DAY 58	DAY 59	DAY 60
Leg raises x 2 sets Hip Dips max reps	Double Rainbow	20 reps ab roller	20min hoop	Fabulous Abs Workout