# SUMMER BODY

## FOUR-WEEK AB CHALLENGE

| | MON | TUE | WED | THU | FRI |
|---|---|---|---|---|---|
| WEEK 1 | 20 second side plank (left and right side)<br>20 cycle abs<br>20 v twists | | | | |
| WEEK 2 | 40 second side plank (left and right side)<br>30 cycle abs<br>30 v twists<br>10 leg raises | | | | |
| WEEK 3 | 60 second side plank (left and right side)<br>40 cycle abs<br>40 v twists<br>12 leg raises | | | | |
| WEEK 4 | 90 second side plank (left and right side)<br>50 cycle abs<br>50 v twists<br>14 leg raises | | | | |