





























2-minute

abs

30-Day Challenge

Repeat the exercises for each day for 2 minutes, every day for 30 days.

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1  high knees	2  flutter kicks	3  plank hold	4  climbers	5  plank rotations
6  side leg raises	7  crunches	8  side bridges	9  reverse crunches	10  elbow plank hold
11  knee-to-elbow	12  shoulder taps	13  crunch kicks	14  raised legs hold	15  plank walk-outs
16  high crunches	17  scissors	18  dead bug	19  one-arm plank hold	20  half wipers
21  leg raises	22  long arm crunches	23  heel taps	24  plank rolls	25  back extensions
26  climber taps	27  side elbow plank hold	28  sit-ups	29  plank crunches	30  hollow hold