



2022 Holiday Abs Calendar

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

[CLICK HERE FOR A HOLIDAY NUTRITION PROGRAM](#)

December

27	28	29	30	1 15 Crunches 10 V-Ups *10 Low Plank Rotators	2 10 Toe Touchers 20 Bicycle Crunch 10 Reverse Crunch 15 Second Plank	3 10 Leg Raises 20 Total Crunch *10 BirdDog Crunch 15 Second Plank
4 20 Butterfly Situp 5 *Oblique Raises 20 Russian Twists 20 Second Plank	5 20 Crunches 10 V-Ups *10 Low Plank Rotators	6 15 Toe Touchers 30 Bicycle Crunch 15 Reverse Crunch 20 Second Plank	7 15 Leg Raises 30 Total Crunch 10 BirdDog Crunch 20 Second Plank	8 25 Butterfly Situp 8 *Oblique V-Ups 20 Russian Twists 20 Second Plank	9 30 Crunches 14 V-Ups *16 Low Plank Rotators	10 15 Toe Touchers 40 Bicycle Crunch 15 Reverse Crunch 30 Second Plank
11 15 Leg Raises 40 Total Crunch 12 BirdDog Crunch 30 Second Plank	12 30 Butterfly Situp 8 *Oblique V-Ups 30 Russian Twists 30 Second Plank	13 35 Crunches 16 V-Ups *20 Low Plank Rotators	14 20 Toe Touchers 40 Bicycle Crunch 20 Reverse Crunch 40 Second Plank	15 20 Leg Raises 40 Total Crunch 16 BirdDog Crunch 40 Second Plank	16 35 Butterfly Situp 10 *Oblique V-Ups 30 Russian Twists 40 Second Plank	17 40 Crunches 20 V-Ups *20 Low Plank Rotators
18 25 Toe Touchers 50 Bicycle Crunch 20 Reverse Crunch 40 Second Plank	19 20 Leg Raises 50 Total Crunch 16 BirdDog Crunch 50 Second Plank	20 40 Butterfly Situp 15 *Oblique V-Ups 40 Russian Twists 50 Second Plank	21 50 Crunches 20 V-Ups *30 Low Plank Rotators	22 30 Toe Touchers 50 Bicycle Crunch 25 Reverse Crunch 50 Second Plank	23 25 Leg Raises 50 Total Crunch 20 BirdDog Crunch 60 Second Plank	24 50 Butterfly Situp 20 *Oblique V-Ups 50 Russian Twists 60 Second Plank
25 50 Crunches 30 V-Ups *30 Low Plank Rotators	26 35 Toe Touchers 50 Bicycle Crunch 25 Reverse Crunch 50 Second Plank	27 30 Leg Raises 50 Total Crunch 20 BirdDog Crunch 60 Second Plank	28 55 Butterfly Situp 20 *Oblique V-Ups 50 Russian Twists 60 Second Plank	29 50 Crunches 40 V-Ups *30 Low Plank Rotators	30 35 Toe Touchers 50 Bicycle Crunch 25 Reverse Crunch 60 Second Plank	31 30 Leg Raises 50 Rope Climbers 30 V-Ups 60 Second Plank

COMPLETE TWO SETS OF THE
WORKOUT ON EACH DAY

*Complete Both Sides