

8 WEEK ABS CHALLENGE

AT HOME



DISCLAIMER

The information provided in this guide, encompassing text, graphics, images, and other materials, is intended strictly for informational purposes. None of the content in this guide should be considered a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or another qualified healthcare provider for any questions regarding a medical condition or treatment. Before embarking on a new healthcare routine, consult with them and do not disregard professional medical advice or delay seeking it based on information gleaned from this guide.



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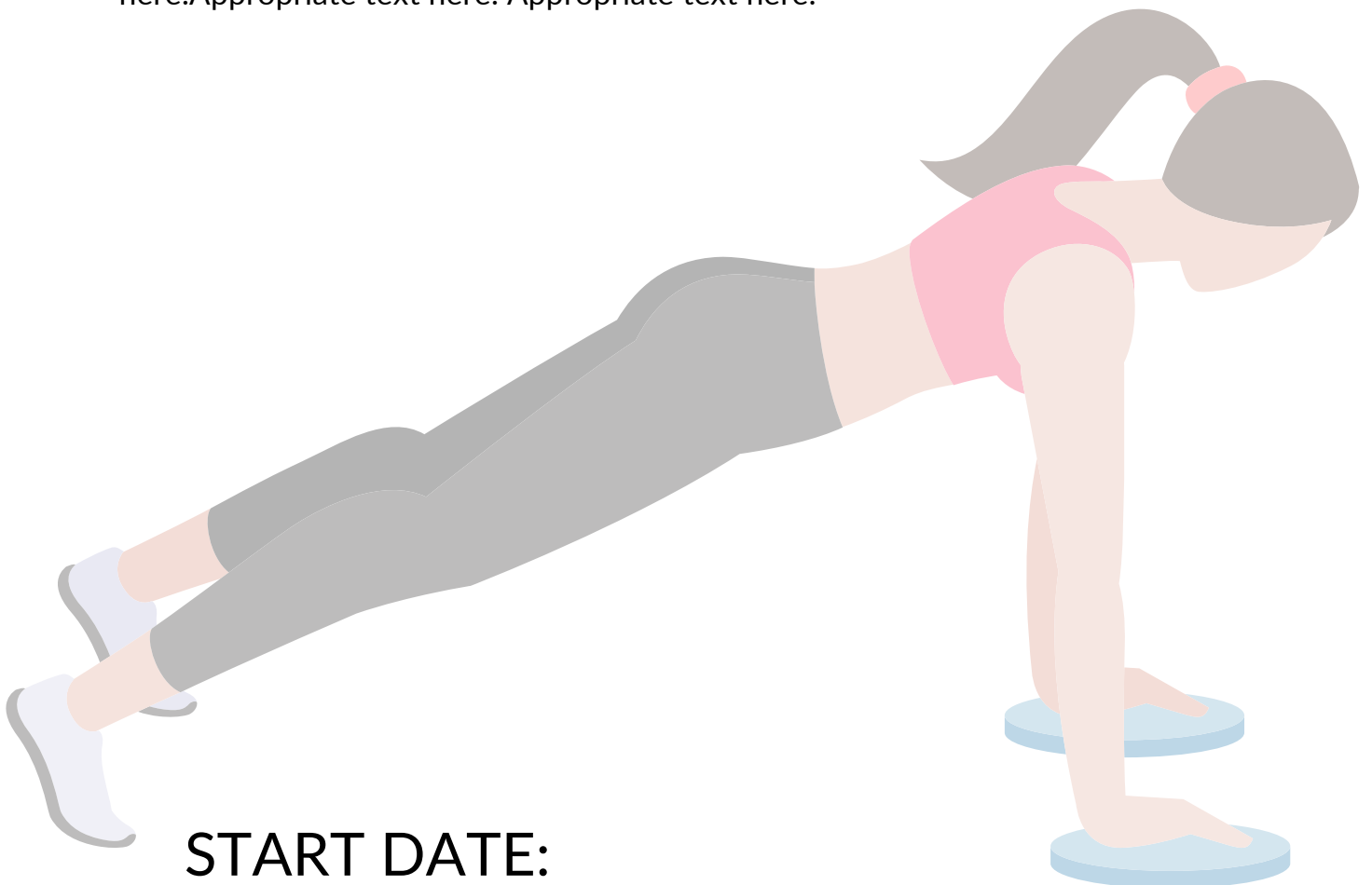


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START DATE:

SET YOUR GOALS

WHAT IS MY GOAL?

WHY DO I WANT TO ACHIEVE THIS?

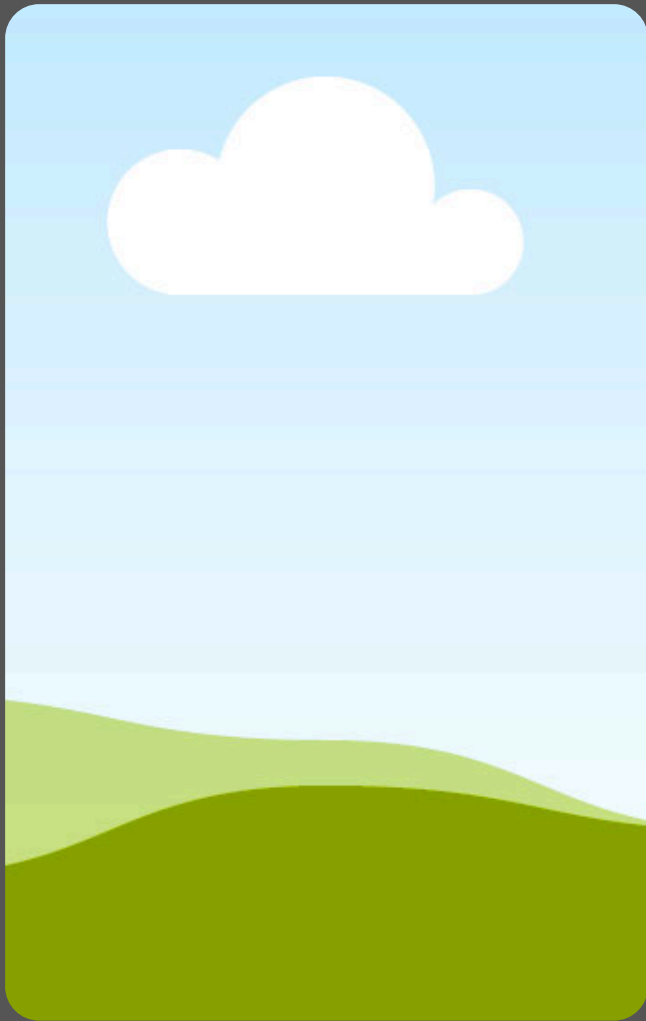
WHEN WILL I ACHIEVE THIS?

TAKE YOUR MEASUREMENTS

<i>Week</i>	<i>Weight</i> <i>(kg)</i>	<i>Hips</i> <i>(cm)</i>	<i>Waist</i> <i>(cm)</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
<i>6</i>			
<i>7</i>			
<i>8</i>			

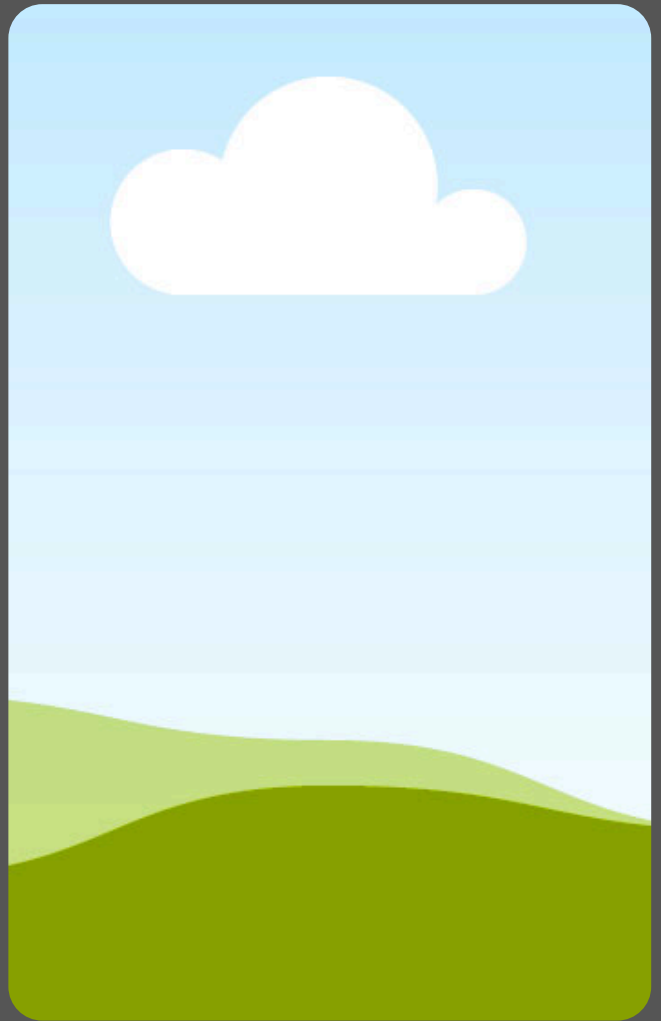
COMPARE YOURSELF

BEFORE



START DATE:

AFTER



COMPLETION DATE:



NUTRITION

HEALTHY DIET

A healthy diet is a balanced and varied approach to nourishment that prioritizes the intake of nutrient-dense foods. It emphasizes a diverse range of whole foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. This nutritional philosophy seeks to provide the body with essential vitamins, minerals, antioxidants, and other vital nutrients to support overall well-being. Additionally, a healthy diet is mindful of portion sizes, promotes hydration through adequate water consumption, and limits the intake of processed foods, added sugars, and excessive salt. It is a sustainable and enjoyable way of eating that contributes not only to physical health but also to sustained energy levels, mental clarity, and optimal functioning of the body.

Achieving a balanced diet involves making mindful choices and incorporating a variety of nutrient-rich foods into your daily meals. Here are some key principles to help you attain a well-balanced diet:

1. **Include a Variety of Food Groups:** Consume a diverse range of foods from all major food groups, including fruits, vegetables, whole grains, lean proteins, and healthy fats. This ensures a broad spectrum of essential nutrients.
2. **Portion Control:** Be mindful of portion sizes to avoid overeating. Use smaller plates and listen to your body's hunger and fullness cues.
3. **Prioritize Whole Foods:** Choose whole, minimally processed foods over highly processed and refined options. Whole foods retain more nutrients and offer better long-term health benefits.
4. **Colorful Plate:** Aim for a colorful plate by including a variety of fruits and vegetables. Different colors often indicate different nutrients, providing a wide range of health benefits.
5. **Lean Proteins:** Include sources of lean protein in your diet, such as poultry, fish, beans, legumes, tofu, and low-fat dairy. Protein is essential for muscle health and overall body function.
6. **Healthy Fats:** Incorporate sources of healthy fats, such as avocados, nuts, seeds, and olive oil. These fats are crucial for brain health and nutrient absorption.
7. **Limit Added Sugars and Salt:** Reduce the intake of foods and beverages high in added sugars and sodium. Opt for natural sources of sweetness and flavor, and use herbs and spices for seasoning.
8. **Stay Hydrated:** Drink plenty of water throughout the day. Water is essential for digestion, nutrient transport, and overall bodily functions.
9. **Meal Planning:** Plan your meals ahead of time to ensure a balanced intake of nutrients. This can help you make healthier choices and avoid relying on convenience foods.
10. **Moderation and Variety:** Practice moderation and enjoy a variety of foods. No single food can provide all the necessary nutrients, so embracing diversity is key to a well-rounded diet.

UNDERSTANDING MACRONUTRIENTS

Macronutrients are essential components of our diet that provide the energy necessary for bodily functions. There are three main types of macronutrients: carbohydrates, proteins, and fats. Each plays a unique role in supporting overall health and well-being.

Carbohydrates: The Body's Primary Energy Source

Carbohydrates are a key macronutrient that serves as the primary energy source for the body. Found in foods like grains, fruits, and vegetables, carbohydrates are broken down into glucose, which is then used by cells for energy. It's crucial to include both simple carbohydrates, like those found in fruits, and complex carbohydrates, found in whole grains, for sustained energy levels. (4 calories per Gram)

Proteins: Building Blocks for Growth and Repair

Proteins are essential for the body's growth, repair, and maintenance. Found in sources such as meat, dairy, legumes, and nuts, proteins are made up of amino acids that play a vital role in building and repairing tissues. Including a variety of protein sources in your diet ensures you get a spectrum of amino acids necessary for optimal health and function. (4 calories per Gram)

Fats: Essential for Health and Function

Fats, another crucial macronutrient, are vital for overall health and proper bodily function. Found in sources like avocados, nuts, seeds, and oils, fats play key roles in energy storage, hormone production, and the absorption of fat-soluble vitamins (A, D, E, and K). While it's important to choose healthy fats, such as monounsaturated and polyunsaturated fats, in moderation, they contribute to satiety and support various physiological processes, making them an integral part of a well-rounded diet. (9 calories per Gram)

EXAMPLES OF FOODS FOR EACH MACRONUTRIENT

PROTEINS

Chicken Breast
Chicken thigh
Pork medallion
Lamb chop
Turkey breast
Beef sausage
Pork sausage
Tofu
Eggs
Salmon
Canned tuna
Shrimp
Milk
Cheese

CARBS

White rice
Brown rice
White pasta
Whole-wheat pasta
Gluten-free pasta
Couscous
Quinoa
White potatoes
Sweet potatoes
Bread
Wholegrain slice
Popcorn
Fruits
Vegetables

HEALTHY FATS

Avocados
Eggs
Almonds
Hazelnuts
Peanuts
Pistachios
Cashews
Olive oil
Coconut oil
Cheese
Milk
Greek yogurt
Peanut butter

CALORIES

Calories are units of energy that the body derives from the food and beverages consumed. The energy obtained from calories is essential for maintaining bodily functions, sustaining physical activity, and supporting overall health.

Our Total Daily Energy Expenditure (TDEE) is the total number of calories our body uses in a day. It includes the energy we need for basic functions like breathing and digestion, the calories burned during physical activities, and the energy used to process the food we eat. To maintain our current weight, we should aim to eat about the same number of calories as our TDEE.

If we want to lose weight, we need to create a calorie deficit by eating fewer calories than our TDEE. This can be done by eating a bit less and being more active.

A safe rate of weight loss is about 1-2 pounds per week.

On the other hand, if we want to gain weight, we need a calorie surplus. This means eating more calories than our TDEE. It's important to focus on healthy foods and consider strength training to build muscle mass.



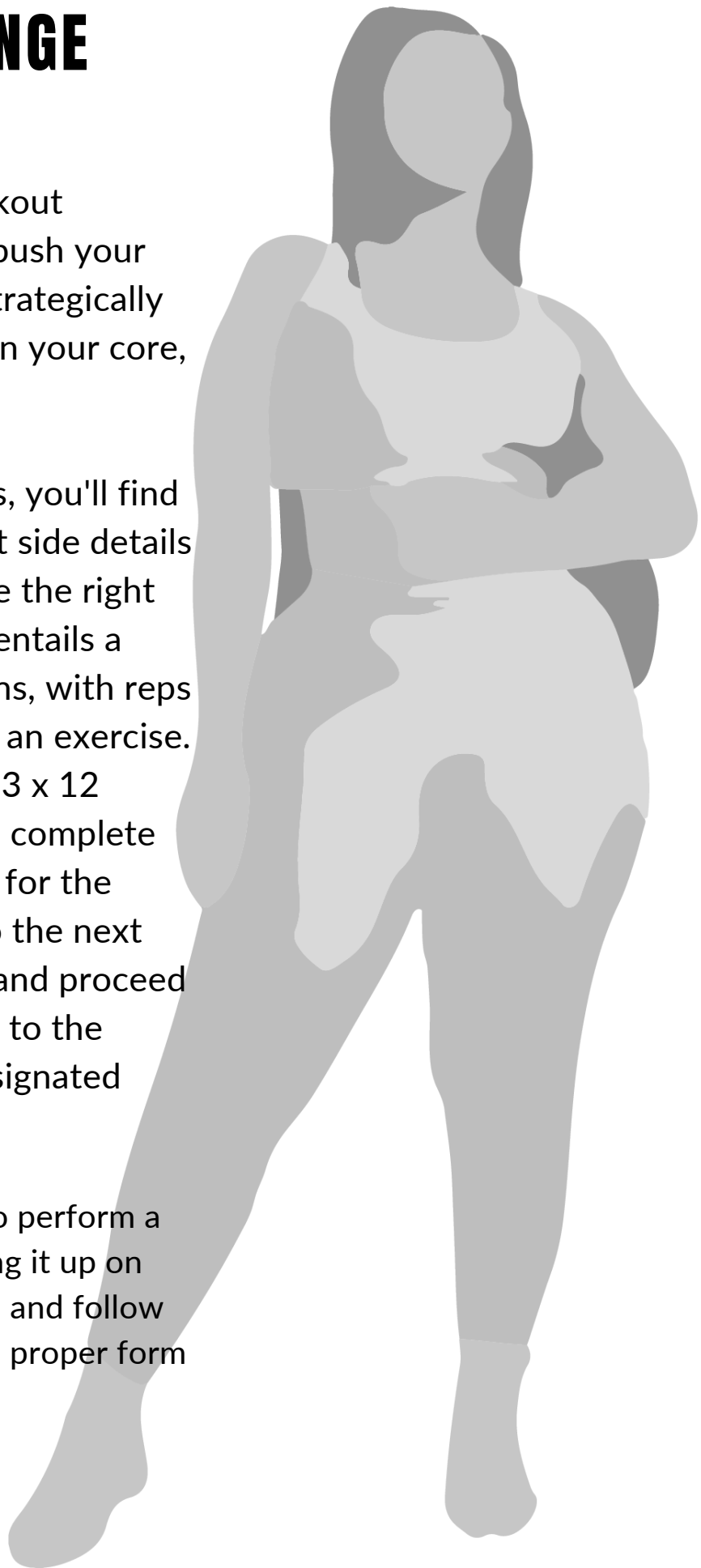
EXERCISE PLAN

THE ABS CHALLENGE

Embark on a home-based abs workout challenge meticulously crafted to push your core to its limits. This regimen is strategically designed to engage every muscle in your core, sculpting your abdominal region comprehensively.

As you peruse the upcoming pages, you'll find the workout plan outlined. The left side details the exercises to be executed, while the right side specifies sets and reps. A set entails a sequence of consecutive repetitions, with reps representing individual motions of an exercise. For instance, if the plan indicates "3 x 12 crunches," execute 12 crunches to complete one set. Repeat the 12 repetitions for the subsequent two sets. Transition to the next exercise after completing one set and proceed through the workout, circling back to the beginning as instructed for the designated number of sets.

---If you need guidance on how to perform a specific exercise, consider looking it up on platforms like YouTube or TikTok, and follow professionals who can demonstrate proper form and technique.---



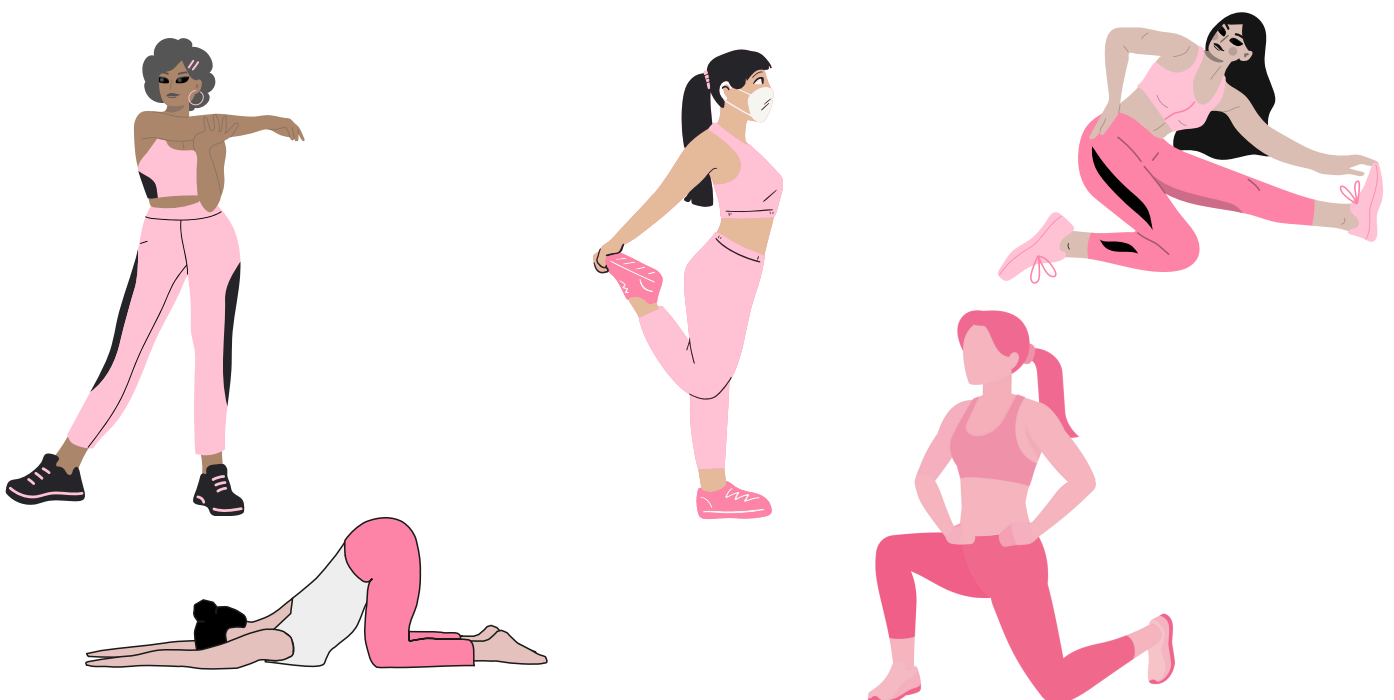
SHOULD I USE WEIGHTS FOR THIS PROGRAM?

Incorporating weights into your routine is an excellent strategy to enhance your advancements and shape your physique—a concept commonly known as progressive overload. This principle involves systematically elevating the weights as your strength improves. By doing so, your muscles are compelled to develop and fortify, enabling them to effectively perform the exercises you engage in. If you have dumbbells or kettlebells available at home, it's highly recommended to integrate them into your workout routine for optimal results.

WARM UP AND STRETCH

Ensure you warm up & stretch before each workout session, this helps prevent injury and ensures you are ready to perform at your best. especially if you decide to add weights to the program.

Below are some examples of stretches you can perform, but do what works best for you.



WEEKLY BREAKDOWN

Use this as a guide to complete your workouts

WEEK 1:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 2:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 3:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 4:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEKLY BREAKDOWN

Use this as a guide to complete your workouts

WEEK 5:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 6:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 7:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 8:

DAY 1 - REST - DAY 2 - REST - DAY 3 - REST - DAY 4



WEEK 1 & 2

DAY 1

CRUNCHES	SETS X REPS	2 x 16
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PULSING CRUNCHES	SETS X REPS	2 x 10
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FLUTTER KICKS	SETS X REPS	2 x 30 secs
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BICYCLE CRUNCHES	SETS X REPS	3 x 30 secs
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V-UPS	SETS X REPS	2 x 14
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SCISSOR KICKS	SETS X REPS	1 x 30 secs
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PLANK	SETS X REPS	1 x 30 secs
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MOUNTAIN CLIMBERS	SETS X REPS	1 x 30 secs
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WEEK 1 & 2

DAY 2

CRUNCHES	SETS X REPS	1 x 16
PULSING CRUNCHES	SETS X REPS	1 x 20
HEEL TOUCHES	SETS X REPS	1 x 20
V-UPS	SETS X REPS	1 x 16
RUSSIAN TWIST	SETS X REPS	1 x 12
SCISSOR KICKS	SETS X REPS	1 x 30 secs
PLANK	SETS X REPS	1 x 30 secs
LEG RAISES	SETS X REPS	1 x 12

WEEK 1 & 2

DAY 3

CRUNCHES	SETS X REPS	1 x 16
TOE TOUCHES	SETS X REPS	1 x 14
90/90 CRUNCHES	SETS X REPS	1 x 14
BICYCLE CRUNCHES	SETS X REPS	1 x 30 secs
PLANK	SETS X REPS	1 x 30 secs
HEEL TOUCHES	SETS X REPS	1 x 20
SCISSOR KICKS	SETS X REPS	1 x 30 secs
V-UP CRUNCHES	SETS X REPS	1 x 10

WEEK 1 & 2

DAY 4

CRUNCHES	SETS X REPS	1 x 16
RAISED LEG CRUNCHES	SETS X REPS	1 x 14
90/90 CRUNCHES	SETS X REPS	1 x 14
BICYCLE CRUNCHES	SETS X REPS	1 x 30 secs
V-UPS	SETS X REPS	1 x 16
RUSSIAN TWIST	SETS X REPS	1 x 16
PLANK JACKS	SETS X REPS	1 x 8
SIDE PLANK WALK	SETS X REPS	1 x 16 (8 each side)

WEEK 3 & 4

DAY 1

CRUNCHES	SETS X REPS	1 x 20
PULSING CRUNCHES	SETS X REPS	1 x 22
REVERSE CRUNCHES	SETS X REPS	1 x 16
TOE TOUCHES	SETS X REPS	1 x 18
HEEL TOUCHES	SETS X REPS	1 x 30
TORTURE TUCKS	SETS X REPS	1 x 12
PLANK	SETS X REPS	1 x 45 secs
SIDE PLANK	SETS X REPS	1 x 30 secs (each side)

WEEK 3 & 4

DAY 2

CRUNCHES	SETS X REPS	1 x 24
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90/90 CRUNCHES	SETS X REPS	1 x 18
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REVERSE CRUNCHES	SETS X REPS	1 x 16
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HEELS TO HEAVEN	SETS X REPS	1 x 12
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PLANK	SETS X REPS	1 x 45 secs
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SIDE PLANK RAISES	SETS X REPS	1 x 45 secs
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SIDE PLANK	SETS X REPS	1 x 30 secs (each side)
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FLUTTER KICKS	SETS X REPS	1 x 45 secs
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WEEK 3 & 4

DAY 3

CRUNCHES	SETS X REPS	1 x 24
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ALTERNATING V-UPS	SETS X REPS	1 x 8 (each side)
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TOE TOUCHES	SETS X REPS	1 x 20
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CLAPPING CRUNCHES	SETS X REPS	1 x 30 secs
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V-UPS	SETS X REPS	1 x 18
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BICYCLE CRUNCHES	SETS X REPS	1 x 45 secs
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PLANK	SETS X REPS	1 x 45 secs
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LEG RAISES	SETS X REPS	1 x 20
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WEEK 3 & 4

DAY 4

CRUNCHES	SETS X REPS	1 x 24
V-UPS	SETS X REPS	1 x 22
V-UP CRUNCHES	SETS X REPS	1 x 16
RAISED LEG CRUNCHES	SETS X REPS	1 x 18
PLANK	SETS X REPS	1 x 45 secs
TORTURE TUCKS	SETS X REPS	1 x 14
CLAPPING CRUNCHES	SETS X REPS	1 x 30 secs
PLANK TWIST	SETS X REPS	1 x 12 (each side)

WEEK 5 & 6

DAY 1

CRUNCHES	SETS X REPS	1 x 26
V-UP CRUNCHES	SETS X REPS	1 x 18
TOE TOUCHES	SETS X REPS	1 x 26
X-MAN CRUNCHES	SETS X REPS	1 x 18
TORTURE TUCKS	SETS X REPS	1 x 16
ALTERNATING V-UPS	SETS X REPS	1 x 10 (each side)
HEEL TOUCHES	SETS X REPS	1 x 40
HEELS TO HEAVEN	SETS X REPS	1 x 20

WEEK 5 & 6

DAY 2

CRUNCHES	SETS X REPS	1 x 28
CLAPPING CRUNCHES	SETS X REPS	1 x 45 secs
RUSSIAN TWIST	SETS X REPS	1 x 26
X-MAN CRUNCHES	SETS X REPS	1 x 22
SCISSOR KICKS	SETS X REPS	1 x 45 secs
FLUTTER KICKS	SETS X REPS	1 x 1 min
PLANK	SETS X REPS	1 x 1 min
HEELS TO HEAVEN	SETS X REPS	1 x 26

WEEK 5 & 6

DAY 3

CRUNCHES	SETS X REPS	1 x 30
BICYCLE CRUNCHES	SETS X REPS	1 x 45 secs
TOE TOUCHES	SETS X REPS	1 x 30
ALTERNATING V-UPS	SETS X REPS	1 x 12 (each side)
V-UPS	SETS X REPS	1 x 24
PLANK	SETS X REPS	1 x 1 min
PLANK TWIST	SETS X REPS	1 x 14 (each side)
SIDE PLANK	SETS X REPS	1 x 45 secs (each side)

WEEK 5 & 6

DAY 4

CRUNCHES	SETS X REPS	1 x 30
PULSING CRUNCHES	SETS X REPS	1 x 25
RAISED LEG CRUNCHES	SETS X REPS	1 x 25
BURPEES	SETS X REPS	1 x 15
REVERSE CRUNCHES	SETS X REPS	1 x 26
CLAPPING CRUNCHES	SETS X REPS	1 x 45 secs
RUSSIAN TWISTS	SETS X REPS	1 x 24
BICYCLE CRUNCHES	SETS X REPS	1 x until failure

WEEK 7 & 8

DAY 1

CRUNCHES	SETS X REPS	1 x 30
BICYCLE CRUNCHES	SETS X REPS	1 x 1 min
PLANK	SETS X REPS	1 x 1 min
CRUNCHES	SETS X REPS	1 x 26
REVERSE CRUNCHES	SETS X REPS	1 x 26
CLAPPING CRUNCHES	SETS X REPS	1 x 45 secs
HEELS TO HEAVEN	SETS X REPS	1 x 20
SIDE PLANK RAISES	SETS X REPS	1 x 16 (each side)

WEEK 7 & 8

DAY 2

CRUNCHES	SETS X REPS	1 x 30
REVERSE CRUNCHES	SETS X REPS	1 x 30
90/90 CRUNCHES	SETS X REPS	1 x 26
LEG RAISES	SETS X REPS	1 x 26
CLAPPING CRUNCHES	SETS X REPS	1 x 45 secs
HEALS TO HEAVEN	SETS X REPS	1 x 25
BURPEES	SETS X REPS	1 x 15
RUSSIAN TWISTS	SETS X REPS	1 x 26

WEEK 7 & 8

DAY 3

CRUNCHES	SETS X REPS	1 x 30
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ALTERNATING V-UPS	SETS X REPS	1 x 12 (each side)
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TOE TOUCHES	SETS X REPS	1 x 30
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V-UPS	SETS X REPS	1 x 26
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SIDE PLANK RAISES	SETS X REPS	1 x 16 (each side)
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PLANK	SETS X REPS	1 x 1 min
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FLUTTER KICKS	SETS X REPS	1 x 1 min
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SIDE PLANK	SETS X REPS	1 x 45 secs (each side)
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WEEK 7 & 8

DAY 4

CRUNCHES	SETS X REPS	1 x 30
BICYCLE CRUNCHES	SETS X REPS	1 x 1 min
TORTURE TUCKS	SETS X REPS	1 x 26
X-MAN CRUNCHES	SETS X REPS	1 x 16
SIDE PLANK RAISES	SETS X REPS	1 x 16 (each side)
RUSSIAN TWISTS	SETS X REPS	1 x 30
REVERSE CRUNCHES	SETS X REPS	1 x 20
SIDE PLANK	SETS X REPS	1 x 45 secs (each side)

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COMPANY NAME