

Download 14 Day Workout Challenge Guide

You already know the plank is a great core exercise. So we're adding variations to amp up your training, target your midsection from different angles to test your muscles (and your mind). Welcome to the 14-Day Plank Plan that will help you get a super strong core using the ultimate ab exercise. 30 Day Plank Challenge – Best Core Workout for Women – Sculpted Six-Pack, my thigh gap through: I have really big hips and used to have really fat thighs and this workout has made my thighs gorgeous I needed a good body though in less than two weeks so I did the 30 flat abs and thigh challenge and completed two days worth each day and I look ok. ? click to download and print ? Hey guys! I am sooooo excited to share with you the first ever Blogilates 30 day Flat Abs Challenge! To complete the challenge, all you have to do is check mark the moves after you complete them each day.