

# 30-Day Ab Routine

## Week 1

1 *Floor Series 1*

2 *Cardio*

3 *Plank Series 1*

4 *Rest*

5 *Floor Series 1*

6 *Plank Series 1*

7 *Rest*

## Week 2

8 *Standing Series 1*

9 *Cardio*

10 *Floor Series 2*

11 *Rest*

12 *Plank Series 2*

13 *Standing Series 2*

14 *Rest*

## Week 3

15 *Cardio*

16 *Floor Series 2,  
Plank Series 2*

17 *Standing Series 2*

18 *Rest*

19 *Floor Series 3*

20 *Plank Series 3*

21 *Rest*

## Week 4

22 *Standing Series 3*

23 *Cardio*

24 *All Ab Series 3*

25 *Rest*

26 *All Ab Series 3*

27 *Cardio*

28 *All Ab Series 3*

## Week 5

29 *Rest*

30 *All Ab Series 3*

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