



**Dance Abs
Challenge**

Dancing Abs

30-Day Challenge

How to Follow the Challenge

Jumping into this challenge is super easy, and here's how you can do it:

The Moves

Do one exercise each day. For each exercise, you'll work for 30 seconds, then take a 30 second rest. Continue for five rounds.

If you're worried about over-working your abs by focusing on them every day, don't stress. Your abs recover faster than other muscles do.

Set a Specific Time

Consistency is key! Try to do your abs workout at the same time each night. Right before you brush your teeth or after you've slipped into your pajamas—whatever works best for you.

Keep It Fun

I've included a variety of exercises so that each night offers something a little different.

Feel free to mix things up by working out to our Spotify playlist. It has a range of songs that are perfect for keeping your sessions fresh and energising.

Use the Printable Calendar

I've put together a printable calendar for you all. Print it out, stick it on your fridge, or keep it near your bed. Tick off each day as you complete your workout.

Involve Your Friends or Family

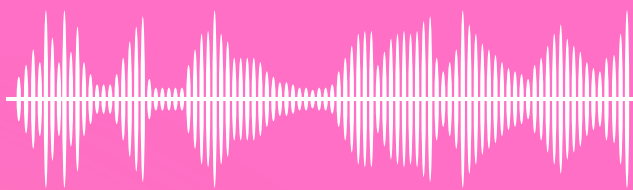
Everything's more fun with a buddy, right? Challenge a friend or family member to join you.





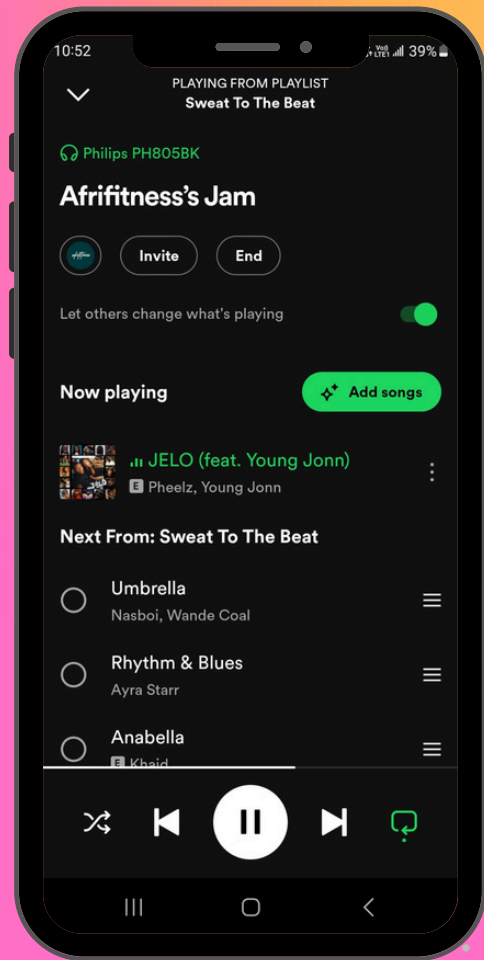
Latest
Jams

Now
Playing



Sweat To
The Beat

Listen Now



30 DAY

Dance Abs Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Hip Roll To Side Twist	Standing Knee to Chest Raise	Farmer Walks	ZaZuu Leg Lift	Side to Side Rows
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Standing Knee Tucks	Standing Ab Crunches	Hip Roll To Side Twist	Standing Knee to Chest Raise	Farmer Walks
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
ZaZuu Leg Lift	Side to Side Rows	Standing Knee Tucks	Standing Ab Crunches	Hip Roll To Side Twist
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Standing Knee to Chest Raise	Farmer Walks	ZaZuu Leg Lift	Side to Side Rows	Standing Knee Tucks
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Standing Ab Crunches	Hip Roll To Side Twist	Standing Knee to Chest Raise	Farmer Walks	ZaZuu Leg Lift
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Side to Side Rows	Standing Knee Tucks	Standing Ab Crunches	Hip Roll To Side Twist	Standing Knee to Chest Raise

01



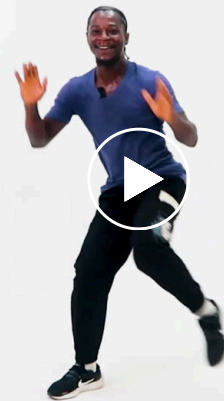
Hip Roll To Side Twist

1. Start with both feet wider than hip width.
2. Roll your hips clockwise engaging your waist as you roll.
3. Raise both arms as you turn your body to the right keep your feet in the same position.
4. Return to the centre, then do the same thing with the other side. That's 1 rep. Repeat for 30 seconds, then rest for 30. Continue for 5 minutes total.

Standing Knee to Chest Raise

1. Start with both feet apart, carrying most of your weight on one leg.
2. While keeping the front leg steady, raise the other knee towards your chest.
3. Lower your leg and tap your toe on the ground. That's 1 rep. Repeat for 30 seconds, then switch to the other leg. Rest for 30. Continue for 5 minutes total.

02



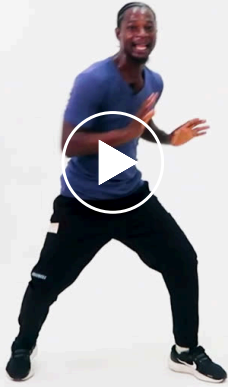
03



Farmer Walks

1. Start with your feet hip width apart.
2. Step to the side then lower your body like you want to pick something off the ground.
3. Return back to centre raising your body up then bend down towards the other direction.
4. That's 1 rep. Repeat the motion on both sides for 30 seconds, then rest for 30. Continue for 5 minutes total.

04



ZaZuu Leg Lift

1. Start with both feet apart.
2. While keeping the front leg steady, raise the back knee towards your chest.
3. Lower your leg to the ground and sit back with your weight on the back leg.
4. While you're moving from one leg to the next, alternate both arms forward and backwards.
5. That's 1 rep. Repeat for 30 seconds, then switch to the other leg. Rest for 30. Continue for 5 minutes total.

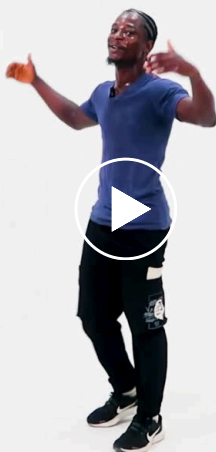
Side to Side Rows

1. Start with your feet hip width apart.
2. Raise both arms forward and pull back towards one side like you're rowing a boat. Look back in the direction you're pulling.
3. Return back to the middle with both arms going up and turn towards the other side.
4. Keep your knees bent and turn them out as you twist your waist.
5. That's 1 rep. Repeat for 30 seconds, then rest for 30. Continue for 5 minutes total.

05



06



Standing Knee Tucks

1. Start with both feet together.
2. While keeping your back nice and tall, raise one knee towards your chest.
3. At the same time, crunch your abs by lowering your chest towards your knee. Push both arms towards to floor.
4. Reverse the motion, then do the same thing with the other knee. That's 1 rep. Repeat for 30 seconds, then rest for 30. Continue for 5 minutes total.

07



Standing Ab Crunches

1. Start with both feet together.
2. While marching on the spot, crunch your abs by tucking your waist in and opening up.
3. Bend both arms with your fists facing up, then pull your elbows towards your waist.
4. Reverse the motion. That's 1 rep. Repeat for 30 seconds, then rest for 30. Continue for 5 minutes total.

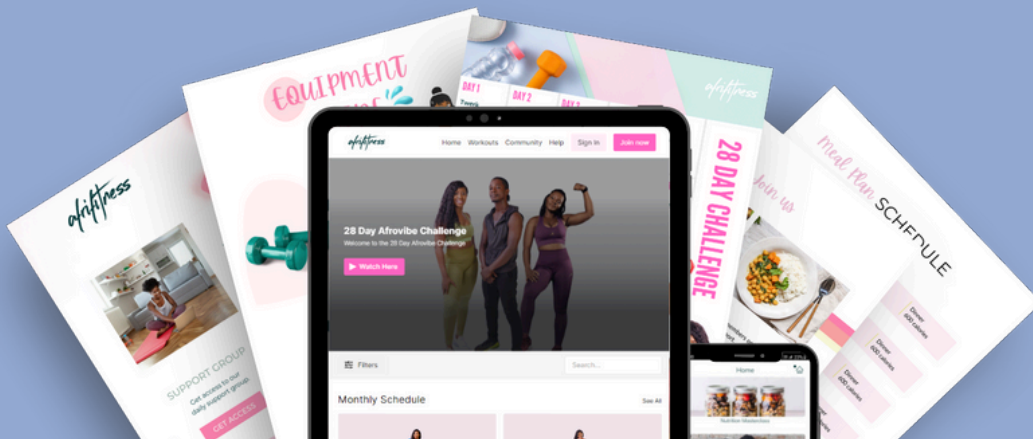
Join our popular 28 Day Challenge and get access to guided workouts every month.

YES, I WANT INSTANT ACCESS NOW

Join the 28 Day Challenge



✨ The Afrobeat Challenge
For Fun-Loving Women



YES, I WANT INSTANT ACCESS NOW

Join the 28 Day Challenge