

code  
*of* **abs**

# code *of* abs

Day 1

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 high crunches



10 cross crunches



10 circle crunches



10 sitting twists



10 heel taps

# code *of* abs

Day 2

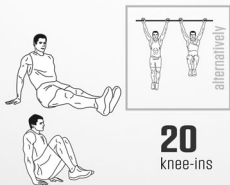
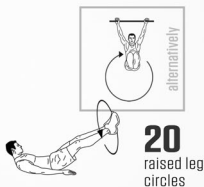
© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



# code *of* abs

Day 3

© [darebee.com](http://darebee.com)



**20 bridges x 3 sets | 60sec rest**

**20sec bridge hold**



**20 knee rolls x 3 sets | 60sec rest**

# code *of* abs

Day 4

© [darebee.com](http://darebee.com)

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest  
between sets



**10** plank leg raises



**10** plank arm raises



**10** body saw



**10** plank rolls



**10** plank crunches

# code *of* abs

Day 5

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

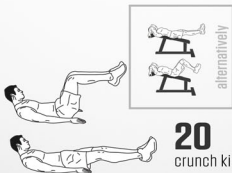
2 minutes rest  
between sets



**20**  
sit-ups



**20sec**  
sit-up hold



**20**  
crunch kicks

# code *of* abs

Day 6

© [darebee.com](http://darebee.com)



**20** back extensions  
x **3 sets** | **60sec** rest



**20sec** stretch hold



**20** upward downward dog x **3 sets** | **60sec** rest

# code *of* abs

Day 7

© [darebee.com](http://darebee.com)

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest  
between sets



**40** side leg raises



**40** front leg raises



**40** back leg raises



**20** knee-to-elbows



**20** side bends



# code *of* abs

Day 8

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



# code *of* abs

Day 9

© [darebee.com](http://darebee.com)



**20** reverse flutter kicks  
x **3 sets** | **60sec** rest



**20sec** back extension hold



**20** knee rolls x **3 sets** | **60sec** rest

# code *of* abs

Day 10

© [darebee.com](http://darebee.com)



2 up & down planks

**30 seconds** rest

4 up & down planks

**30 seconds** rest



8 up & down planks

**30 seconds** rest

4 up & down planks

**30 seconds** rest



2 up & down planks

# code *of* abs

Day 11

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



**20**  
sit-ups



**20sec**  
sit-up hold



**20**  
crunch  
kicks



**20**  
reverse  
crunches



# code *of* abs

Day 12

© [darebee.com](http://darebee.com)



**20** bridges x **3** sets | **60sec** rest

**20sec** bridge hold



**20** upward downward dog x **3** sets | **60sec** rest

# code *of* abs

Day 13

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 long arm crunches



10 sitting twists



10 knee crunches



10 scissors



10 side jackknives

# code *of* abs

Day 14

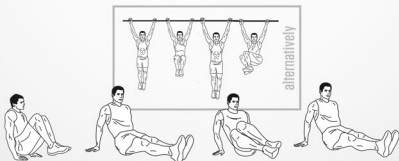
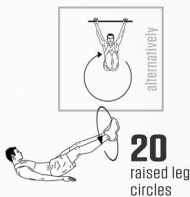
© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



**20** combos  
knee-ins + knee-in & twist

# code *of* abs

Day 15

© [darebee.com](http://darebee.com)



**20** alt arm / leg raises  
**x 3 sets | 60sec** rest

**40sec** hold



**20** knee rolls **x 3 sets | 60sec** rest



# code *of* abs

Day 16

© [darebee.com](http://darebee.com)

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest  
between sets



**10** plank crunches



**10** body saw



**10** plank rolls



**10** side bridges



**10** side plank rotations

# code *of* abs

Day 17

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



**20** combos  
sit-up + 5-count hold



**20**  
crunch  
kicks



**20**  
reverse  
crunches



# code *of* abs

Day 18

© [darebee.com](http://darebee.com)



**20** superman stretches  
x **3 sets** | **60sec** rest



**20sec** stretch hold



**20** upward downward dog x **3 sets** | **60sec** rest

# code *of* abs

Day 19

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



**40** side leg raises



**40** front leg raises



**40** back leg raises



**20** knee-to-elbows



**20** side bends



**20** twists

# code *of* abs

Day 20

@ [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



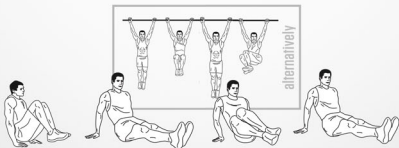
**20** leg raises



**20** circles



**20sec** hold



**20** combos

knee-ins + knee-in & twist

# code *of* abs

Day 21

© [darebee.com](http://darebee.com)



**20 combos** bridge + 5-count hold x 3 sets



**20** knee rolls x 3 sets | 60sec rest

# code *of* abs

Day 22

© [darebee.com](http://darebee.com)



- 2 up & down planks
- 10-count elbow plank hold
- 30 seconds rest
- 4 up & down planks
- 10-count elbow plank hold
- 30 seconds rest
- 8 up & down planks
- 10-count elbow plank hold
- 30 seconds rest
- 4 up & down planks
- 10-count elbow plank hold
- 30 seconds rest
- 2 up & down planks
- 10-count elbow plank hold

# code *of* abs

Day 23

@ [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



**20combos**  
sit-up + 5-count hold



**20combos**  
reverse crunches  
+ 5-count hold



# code *of* abs

Day 24

© [darebee.com](http://darebee.com)



**20** full bridge leg raises  
x **3 sets** | **60sec** rest

**20sec** full bridge hold



**20** upward downward dog x **3 sets** | **60sec** rest

# code *of* abs

Day 25

© [darebee.com](http://darebee.com)

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest  
between sets



**10** high crunches



**10** heel taps



**10** knee crunches



**10** folded crunches



**10** circle crunches

# code *of* abs

Day 26

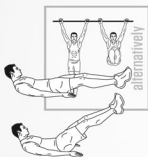
© [darebee.com](http://darebee.com)

Level I 3 sets

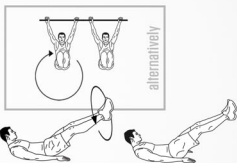
Level II 4 sets

Level III 5 sets

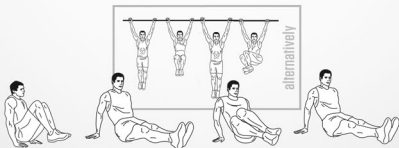
2 minutes rest  
between sets



**20** leg raises



**20** combos circle + 5-count hold



**20** combos  
knee-ins + knee-in & twist

# code *of* abs

Day 27

© [darebee.com](http://darebee.com)



**20combo** reverse flutter kicks + 5-count back extension hold  
x 3 sets | 60sec rest



**20** knee rolls x 3 sets | 60sec rest

# code *of* abs

Day 28

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



10 plank leg raises



10 plank crunches



10 plank arm raises



10 plank rolls



10 body saw



10 side bridge

# code *of* abs

Day 29

© [darebee.com](http://darebee.com)

Level I 3 sets

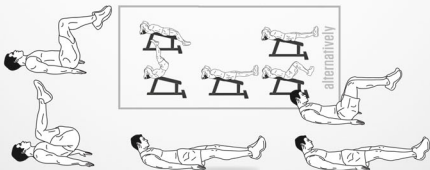
Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets



**20combos** sit-up + 5-count hold



**20combos** reverse crunches + 5-count hold + crunch kick

# code *of* abs

Day 30

© [darebee.com](http://darebee.com)



**20** alt arm / leg raises  
**x 3 sets | 60sec rest**



**20sec** stretch hold



**20** back extensions  
**x 3 sets | 60sec rest**



**20** upward downward dog **x 3 sets | 60sec rest**