

CROP TOP CRUNCH TIME



#GOALS



six pack
summer!



LOVE SWEAT FITNESS



CROPTOP CRUNCH TIME

14 DAY MINI CHALLENGE

Over the next 14 days you'll get 14 ab exercises designed to get them poppin' and totally ready for crop top season!

HOW IT WORKS

Think of this like a *ladder*. Each day *builds on the previous* to make it more challenging and get you the best results in just 14 days.

WHAT YOU NEED

Everything you need for this mini challenge is in the following pages, but *for the best results*, I recommend doing this along with your [30 minute MOVE app workout](#) daily.

DEFINE YOUR ABS

To get your abs extra toned, it's important to *get your nutrition right*. I recommend following the [14 Day Shape Up Meal Plan](#) for the 2 weeks.

Spoiler alert, you'll need this for our 6 week Summer Shape Up Challenge next month too so grab it now!

CROPTOP CRUNCH TIME

STEP BY STEP

1. You'll find your **14 Day Crop Top Crunch Time Printable Calendar** on the next page.
2. Each day you will see **1 new exercise** designed to strengthen and tone your abs.
3. Complete **20 reps of that exercise.**
**If you are alternating sides like in a bicycle crunch, do 20 reps on each side.*
4. Each day, you will complete 20 reps of your **new daily move**, along with 20 reps of each of **the moves from all the days prior.**
5. You can do them all at once, or break them up throughout the day, just make sure to **get them all in!**

HERE'S AN EXAMPLE:

DAY 1

HEEL REACHES

DAY 2

DAY 1 (*Heel Reaches*)

+

BICYCLES

Day 1: 20 heel reaches (each side)

Day 2: 20 heel reaches (each side) + 20 bicycles (each side)

CROPTOP CRUNCH TIME

COMPLETE WITH YOUR DAILY MOVE WORKOUT!

DAY 1

HEEL REACHES

DAY 2

DAY 1

+

BICYCLES

DAY 3

DAY 1-2

+

TOE TOUCH

DAY 4

DAY 1-3

+

DOUBLE LEG
LIFT

DAY 5

DAY 1-4

+

PLANK HIP DIPS

DAY 6

DAY 1-5

+

FIGURE 4 CRUNCH

DAY 7

DAY 1-6

+

BUTTERFLY

DAY 8

DAY 1-7

+

KNEE SLIDES

DAY 9

DAY 1-8

+

OBLIQUE
JACKKNIVES

DAY 10

DAY 1-9

+

MOUNTAIN
CLIMBERS

DAY 11

DAY 1-10

+

PLANK HIP
LIFTS

DAY 12

DAY 1-11

+

DOWN DOG
CRUNCH

DAY 13

DAY 1-12

+

SIDE PLANK
ELBOW TAP

DAY 14

DAY 1-13

+

ROLL UPS

LOVE SWEAT FITNESS

EXERCISE GLOSSARY

HEEL REACH



BICYCLES



TOE TOUCH



DOUBLE LEG LIFT



PLANK HIP DIPS



FIGURE 4 CRUNCH



BUTTERFLY



KNEE SLIDES



OBLIQUE JACKKNIVES



MOUNTAIN CLIMBERS



PLANK HIP LIFTS



DOWN DOG CRUNCH







SIDE PLANK ELBOW TAP



ROLL UPS



CROP TOP CRUNCH TIME

Day	MOVE SWEAT SESH 	CROP TOP CRUNCH TIME 	HEALTHY MEALS 	#LSFROLLCALL 
M				<input type="checkbox"/> #LSFRollCall
T				<input type="checkbox"/> #LSFRollCall
W				<input type="checkbox"/> #LSFRollCall
T				<input type="checkbox"/> #LSFRollCall
F				<input type="checkbox"/> #LSFRollCall
S				<input type="checkbox"/> #LSFRollCall
S				<input type="checkbox"/> #LSFRollCall
#GOALS	<hr/> <hr/> <hr/> <hr/> <div style="float: right;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div>			



LET'S DO THIS!

LOVE SWEAT FITNESS