

30 DAY AB WORKOUT PLAN FOR AN INDESTRUCTIBLE CORE

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Whether you want to lift heavier, run longer, or jump higher, having strong abdominal muscles (abs) is essential.

Building a concrete midsection requires a well-designed exercise plan. A plan that focuses on each part of the core muscles, including the rectus abdominis, transverse abdominis, and obliques.

In this article, I'll share two abs workout routines (30-day challenge). One that includes only bodyweight exercises and can be done at home in a small space. The second one is for gym-goers who have access to equipment like a pull-up bar, dumbbells, cables, and barbells (recommended for best results).

Whether you exercise at home or at the gym, you can follow one of the routines to build thick, solid, and aesthetically pleasing abs.

30 Day Ab Challenge Summary

Target Muscles	Abs & Obliques
Program Duration	30 Days
Exercise Type	Bodyweight (Plan A) & Resistance (Plan B)
Target Gender	Male and Female
Experience Require	Intermediate
Sessions per Week	5 (3 days on, 1 day off, 2 days on, 1 day off)
Duration per Session	20 minutes (Plan A) & 30 minutes (Plan B)
Target Age Group	18-35 years

Important Terms Used in the Programs

AMRAP

It indicates performing “As Many Rounds as Possible” within a set time. For example, in 10 minutes, you might do as many circuits as you can until the time is up. It’s about pushing your limits safely.

EMOM

EMOM means “Every Minute on the Minute”. It means you start a specific exercise or set of exercises at the beginning of every minute and complete a set number of reps. Once done, you rest for the

remainder of that minute before starting again when the next minute begins. For example, do 10 push-ups every minute for 10 minutes, resting after each set until the minute is up. It's about pacing and consistency.

TRISSET

A TRISSET is when you do three different exercises back-to-back with no rest in between. For example, you might do push-ups, squats, and lunges one after another, then rest after completing all three. It's a way to work different muscles quickly and keep the workout intense.

CIRCUIT

A CIRCUIT is a workout where you do a series of different exercises one after another, usually with little or no rest between them. For example, you might do sit-ups, alternating heel taps, reverse crunches, and planks in a row, then rest after completing the whole set. You repeat the circuit for a set number of rounds or a set time. It's a fast way to work your entire abs in a shorter time.

SUPERSET

It involves performing two different exercises back-to-back with no rest in between. For example, you might do sit-ups and then mountain climbers right after, then rest after both. It's a way to work different muscles quickly and make your workout more intense.

Bodyweight 30 Day Ab Workout Plan to Sculpt Your Core at Home

Day 1 – AMRAP Abs Workout

- 15-second High Knees
- 15-second Mountain Climber
- 10 Sit-ups
- 10 Reverse Crunches
- 20 Alternating Heel Taps (10 reps per side)
- 45-second Front Plank
- 40-second Side Plank (20 seconds each side)
- As many rounds as possible in 15-20 minutes.

Day 2 – Superset Abs Workout

- **Superset 1**
 - 10 Sit-ups
 - 15-second Mountain Climber
 - 30 seconds rest
 - Repeat three times
- **Superset 2**
 - 10 Reverse Crunches
 - 15-second Crossbody Mountain Climber
 - 30 seconds rest
 - 3 rounds
- **Superset 3**

- 10 Lying Leg Raises
- 20 Alternating Heel Taps (10/side)
- 3 rounds
 - **Superset 4:**
- 45-second Front Plank
- 20-second Side Plank on each side
- 3 rounds

Day 3 – EMOM Abs Workout

- **Minute 1:** 15-second Hollow Body Hold, 40-second rest
- **Minute 2:** 12 Bicycle Crunches (6 per side), rest till 1 minute completed.
- **Minute 3:** 16 Plank with Hip Dips (8 per side)
- **Minute 4:** 20 Mountain Climbers (10 per leg)
- Repeat the sequence (Minutes 1 to 4) five times to complete 20 minutes.
- Each round takes 4 minutes, so 5 rounds = 20 minutes.

Day 4 – OFF

Let your abdominal muscles recover today and get them ready for the next sessions.

Day 5 – Circuit Abs Workout

- 15-second High Knees
- 15-second Mountain Climbing
- 10 Sit-ups
- 20 Alternating Heel Taps (10 on each side)

- 15-second Flutter Kicks
- 16 Plank Cross Knee Taps (8 reps per side)
- Take a 2-minute break.
- Aim for 3-4 rounds.

Day 6 – Isometric Abs Workout

- 30-second Bird-Dog Pose (15 seconds per side)
- 10-second V-sit hold
- 1-minute Forearm Plank
- 30-second Side Plank per side
- Rest for 2 minutes, then repeat.
- Aim for 4-5 rounds.

Day 7 – OFF

Give rest to your abdominal muscles.

Day 8 – Triset Ab Workout

This triset involves performing three different ab exercises, one each for the upper abs, lower abs, and obliques.

TRISSET 1

- 15-second High Knees
- 10 Sit-ups
- 20 Alternating Heel Taps (10 per side)
- 1-minute rest
- 3 rounds

TRISSET 2

- 15-second Mountain Climber
- 12 Bicycle Crunches (6 reps per side)
- 10 Seated Knee Tucks
- 1-minute rest
- 3 rounds

TRISSET 3

- 15-second Crossbody Mountain Climber
- 12 Reverse Crunches
- 10 Tabletop Crunches
- 1-minute rest
- 3 rounds

Day 9 – AMRAP Abs Workout

- 15-second High Knees
- 20-second Mountain Climber
- 10 Sit-ups
- 15 Reverse Crunches
- 20 Alternating Heel Taps (10 reps per side)
- 1-minute Front Plank
- 1-minute Side Plank (30 seconds each side)
- As many rounds as possible in 20 minutes.

Day 10 – Superset Abs Workout

- **Superset 1**
 - 10 Sit-ups

- 20-second Mountain Climber
- 30 seconds rest
- Repeat three times
 - **Superset 2**
- 15 Reverse Crunches
- 20-second Crossbody Crunches
- 30 seconds rest
- 3 rounds
 - **Superset 3**
- 10 Lying Leg Raises
- 20 Alternating Heel Taps (10/side)
- 3 rounds
 - **Superset 4:**
- 45-60 seconds Front Plank
- 20-30 seconds Side Plank on each side
- 3 rounds

Day 11 – EMOM Abs Workout

- **Minute 1:** 20-second Hollow Body Hold, 40-second rest
- **Minute 2:** 20 Bicycle Crunches (10 per side), rest till 1 minute completed.
- **Minute 3:** 20 Plank with Hip Dips (10 per side)
- **Minute 4:** 30 Mountain Climbers (15 per leg)
- Repeat the sequence (Minutes 1 to 4) five times to complete 20 minutes.
- Each round takes 4 minutes, so 5 rounds = 20 minutes.

Day 12 – OFF

Let your abdominal muscles recover today and get them ready for the next sessions.

Day 13 – Circuit Abs Workout

- 15-second High Knees
- 15-second Mountain Climbing
- 10 Sit-ups
- 20 Russian Twists (10 on each side)
- 15-second Flutter Kicks
- 20 Plank Cross Knee Taps (10 reps per side)
- Take a 2-minute break.
- Aim for 3-4 rounds.

Day 14 – Isometric Abs Workout

- 30-second Bird-Dog Pose (15 seconds per side)
- 15-20 second V-sit hold
- 1-minute Forearm Plank
- 30-second Side Plank per side
- Rest for 2 minutes, then repeat.
- Aim for 4-5 rounds.

Day 15 – OFF

Give rest to your abdominal muscles.

Day 16 – Triset Ab Workout

TRISSET 1	TRISSET 2	TRISSET 3
15-second High Knees	15-second Mountain Climber	Knee to Outside Elbow (8/side)
10 Sit-ups	Bicycle Crunches (6 per side)	15 Reverse Crunches
20 Alternating Heel Taps	10 Seated Knee Tucks	10 Pulse Ups
2-3 rounds	2-3 rounds	2-3 rounds

Day 17 – AMRAP Abs Workout

- 15-second High Knees
- 20-second Mountain Climber
- 10 Butterfly Sit-ups
- 15 Reverse Crunches
- 20 [Half Wipers](#) (10 reps per side)
- 1-minute Front Plank
- 1-minute Side Plank (30 seconds each side)
- As many rounds as possible in 20 minutes.

Day 18 – Superset Abs Workout

- **Superset 1**
 - 10 Sit-ups
 - 20-second Mountain Climber
 - 30 seconds rest
 - Repeat three times
- **Superset 2**
 - 15 Reverse Crunches
 - 20-second Crossbody Crunches

- 30 seconds rest
- 3 rounds
 - **Superset 3**
- 10 Lying Leg Raises
- 20 [Side Jack Knives](#) (10/side)
- 3 rounds
 - **Superset 4:**
- 45–60 seconds Front Plank
- 20–30 seconds Side Plank on each side
- 3 rounds

Day 19 – EMOM Abs Workout

- **Minute 1:** 20-second Hollow Body Hold, 40-second rest
- **Minute 2:** 20 Bicycle Crunches (10 per side), rest till 1 minute completed.
- **Minute 3:** 20 Plank with Hip Dips (10 per side)
- **Minute 4:** 30 Mountain Climbers (15 per leg)
- Repeat the sequence (Minutes 1 to 4) five times to complete 20 minutes.
- Each round takes 4 minutes, so 5 rounds = 20 minutes.

Day 20 – OFF

Let your abdominal muscles recover today and get them ready for the next sessions.

Day 21 – Circuit Abs Workout

- 15-second High Knees
- 15-second Deadbug
- 10 Sit-ups
- 20 Alternating Heel Taps (10 on each side)
- 15-second Flutter Kicks
- 20 Plank Cross Knee Taps (10 reps per side)
- Aim for 3-4 rounds.
- Take a 90-second break between rounds.

Day 22 – Isometric Abs Workout

- 40-second Bird-Dog Pose (20 seconds per side)
- 15-second [Boat Pose](#)
- 1-minute Forearm Plank
- 30-second Side Plank per side
- Rest for 90 seconds, then repeat.
- Aim for 4-5 rounds.

Day 15 – OFF

Give rest to your abdominal muscles.

Day 23 – Triset Ab Workout

Rest for 1 minute between rounds.

TRISSET 1	TRISSET 2	TRISSET 3
15-second High Knees	15-second Mountain Climber	Knee to Outside Elbow (8/side)

10 Sit-ups	Bicycle Crunches (6 per side)	15 Reverse Crunches
20 Alternating Heel Taps	10 Seated Knee Tucks	10 Pulse Ups
2-3 rounds	2-3 rounds	2-3 rounds

Day 24 – AMRAP Abs Workout

- 20-second High Knees
- 20-second [Climber Taps](#)
- 12 Sit-ups
- 20 Reverse Crunches
- Alternating Heel Taps (12 reps per side)
- 1-minute Front Plank
- Side Plank (45 seconds each side)
- As many rounds as possible in 20 minutes.

Day 25 – Superset Abs Workout

- **Superset 1**
 - 10 Sit-ups
 - 20-second Mountain Climber
 - 30 seconds rest
 - Repeat three times
- **Superset 2**
 - 15 Reverse Crunches
 - 20-second Crossbody Crunches
 - 30 seconds rest
 - 3 rounds
- **Superset 3**

- 10 Lying Leg Raises
- 20 Alternating Heel Taps (10/side)
- 3 rounds
 - **Superset 4:**
- 45–60 seconds Front Plank
- 20–30 seconds Side Plank on each side
- 3 rounds

Day 26 – OFF

Day 27 – EMOM Abs Workout

- **Minute 1:** 20-second [Hollow Body Hold](#), 40-second rest
- **Minute 2:** 20 Bicycle Crunches (10 per side), rest till 1 minute completed.
- **Minute 3:** 20 Plank with Hip Dips (10 per side)
- **Minute 4:** 30 Mountain Climbers (15 per leg)
- Repeat the sequence (Minutes 1 to 4) five times to complete 20 minutes.
- Each round takes 4 minutes, so 5 rounds = 20 minutes.

Day 28 – OFF

Let your abdominal muscles recover today and get them ready for the next sessions.

Day 29 – Circuit Abs Workout

- 15-second High Knees
- 15-second Mountain Climbing
- 10 Sit-ups

- 20 Alternating Heel Taps (10 on each side)
- 15-second Flutter Kicks
- 20 Plank Cross Knee Taps (10 reps per side)
- Take a 2-minute break.
- Aim for 3-4 rounds.

Day 30 – Isometric Abs Workout

- 30-second Bird-Dog Pose (15 seconds per side)
- 15-20 second L-sit hold
- 1-minute Forearm Plank
- 30-second Side Plank per side
- Rest for 2 minutes, then repeat.
- Aim for 4-5 rounds.

30 Day Abs Workout Routine to Bolster Your Midsection in the Gym

This 30-day ab workout plan will help you build a strong, chiseled core. It involves cable, machine, dumbbell, and barbell exercises for the abs.

You'll do three sessions (15-20 minutes each) per week for four weeks, with rest days between. Add it to your gym routine or do it alone.

Before each session, perform [dynamic stretches](#), such as cat-cow, torso twists, low lunge arch, and [cardio exercises](#) like jumping jacks and squats to increase body temperature and prepare for intense abdominal training.

WEEK 1

Mon/Tue	Wed/Thu	Fri/Sat
High to Low Cable Chop: 3 sets of 12 /side	Med Ball Russian Twist: 3 sets of 15 /side	Rollouts: 3 sets of 12 reps
Hanging Knee Raises: 3 sets of 12	Dead Bug: 3 sets of 12 reps/side	Side Plank: 3 sets of 20–30 seconds/side
Bicycle Crunches: 2 sets of 20 reps/side	Cable Pallof Press: 3 sets of 10 reps/side	DB Farmer’s Carry: 3 sets of 30 seconds
Plank: 1-minute hold, 3 times	Mountain Climbers: 2 sets of 30 seconds	Leg Raises (on bench): 3 sets of 10 reps

WEEK 2

Mon/Tue	Wed/Thu	Fri/Sat
Low to High Cable Chop: 3 sets of 12 /side	Decline Bench Cross Crunch: 3 sets of 6 per side	Weighted Sit-ups: 3 sets of 10 reps
Hanging Knee to Chest: 3 sets of 10 reps	Side Plank Hip Dip: 3 sets of 12 reps/side	Landmine Oblique Twists : 3 sets of 12 reps/side
Seated Knee Tucks: 3 sets of 15-20 reps	DB Overhead Lunges Hold: 3 sets of 30 seconds	Plank with Knee-to-Elbow: 3 sets of 10 reps/side
Medicine Ball Slams: 3 sets of 15 reps	Mountain Climbers: 2 sets of 30 seconds	Captain’s Chair Knee Raises: 3 sets of 10-15 reps

WEEK 3

Mon/Tue	Wed/Thu	Fri/Sat
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Kneeling Cable Crunches : 3 sets of 20 reps	Reverse Cable Crunches : sets of 15 reps	Weighted Sit-ups: 3 sets of 10 reps
Seated Knee Tucks: 3 sets of 20-25 reps	Russian Twist: 3 sets of 8-10 twists per side	Incline Dumbbell Plank Row : 3 sets of 15 reps/side
Ab Wheel Rollout: 3 sets of 8-10 reps	Dumbbell Renegade Row : 3 sets of 10 reps per side	Dumbbell Plank Drag : 3 sets of 10 reps/side
Medicine Ball Rotational Throws: 2 sets of 10 reps/side	Cable Pallof Press: 3 sets of 12 reps/side	Hollow Body Hold: 3 sets of 20 seconds

WEEK 4

Mon/Tue	Wed/Thu	Fri/Sat
Walking lunges to Rotation : 3 sets of 8-10 per side	Hanging Knee to Elbow : 3 sets of 10 reps	Sit Outs : 3 sets of 10 reps
Hanging Leg Circles : sets of 6-8 reps per side	Glute Bridge March: 3 sets of 10 reps/side	Single-Leg Tuck-up : 3 sets of 10 reps/side
Ab Wheel Rollout: 3 sets of 8-10 reps	Swiss Ball Crunches: 3 sets of 10-15 reps	Dumbbell Plank Drag : 3 sets of 10 reps/side
Seated Barbell Torso Twist : 3 sets of 10 reps/side	Hanging Side Leg Raises : 3 sets of 10 reps per side	Boat Pose: 3 sets of 20 seconds

Frequently Asked Questions (FAQs)

Can I do this plan alongside my regular gym workouts?

Yes, you can add the 15–20-minute ab workouts to your existing routine, ideally after strength training.

Will this plan give me visible abs?

The plan builds core strength and muscle, but visible abs depend on low body fat. Combine the workouts with a balanced diet and a slight calorie deficit if you want to reveal your six-pack (rectus abdominis).

How long will it take to see results from this plan?

You'll feel your abs are getting strong after a few weeks. However, visible abs depend on body fat percentage; the lower the body fat you have, the sooner you'll see a defined abs appearance and vice versa.

Do I need to change my diet to see results?

Maintain a balanced diet for strength. For visible abs, aim for a slight calorie deficit (200-300 below maintenance) while keeping protein intake high to preserve muscle.

Can I do these workouts every day to get faster results?

No, daily core workouts can lead to overtraining and injury. Stick to 3 workouts per week (gym workout) and 3-5 sessions (bodyweight workout) to allow muscle recovery and growth. Overtraining may stall progress or cause fatigue.

What's the best time of day to do these workouts?

Any time works, as long as it fits your schedule and you're energized. Post-warm-up or after strength training is ideal, as your core is already engaged. Avoid heavy ab work when fatigued to maintain form.