

DAILY 15-MINUTE AB WORKOUT: 28-DAY ROUTINE WITHOUT EQUIPMENT

Full URL: <https://thefitnessphantom.com/15-minute-ab-workout-28-day-routine-without-equipment>

Program Summary

Target Muscle Groups	Rectus Abdominis & Obliques
Program Duration	28 Days
Sessions/Week	7 (Daily workout)
Duration/Session	15 minutes
Exercise Type	Bodyweight
Equipment Needed	None
Target Gender	Male & Female
Experienced Required	Intermediate
Suitable Age Group	16-35 years

Daily 15-Minute Ab Workout Routine

Day 1 – EMOM Abs Workout

Exercises	Activity
High Knees	30-40 seconds work
Mountain Climber	30-40 seconds work
Sit-ups	10-20 reps
Russian Twist	15-20 seconds/side
Forearm Plank	45-60 seconds hold
Repetitions/Rounds	3

Day 2 – Standard Rep Sets Method

Exercises	Activity	Sets	Time
Jumping Jacks	30 seconds work	2	2-minute
Crossbody Mountain Climber	30 seconds work	3	3-minute
Reverse Crunches	15-20 reps	3	3-minute
Alternating Heel Taps	10-20 taps/side	3	3-minute
5A Forearm Plank	1-minute plank	2	2-minute
5B Side Plank	30-second on each side	2	2-minute

Day 3 – HIIT Ab Workout

Exercises	Activity
Bicycle Crunches	30-second work, 15-second rest
High Knees	30-second work, 15-second rest
Knee Tap Push-ups	10 reps on each side, 15-sec rest
Side Plank Hip Dips	10-20 taps/side
Flutter Kicks	20-30 seconds work
Rounds	3 (1-minute rest between rounds)

Day 4 – Isometric Abs Workout

Exercises	Activity
Bird Dog Plank	15 seconds hold per side
Hollow Body Hold	15-20 seconds hold
Side Plank	30 seconds hold per side
Forearm Plank	1-minute hold
Floor L-sit/Boat Pose	10-20 seconds hold
Repetitions/Rounds	3-4

Day 5 – Obliques Focused Workout

Exercises	Activity	Sets
Crossbody Mountain Climber	20-second work, 40-second rest	3
Bicycle Crunches	20-second work, 40-second rest	3
Russian Twists	20-second work, 40-second rest	3
Side Plank with Leg Raise	10 reps on each side	3
Alternating Toe Taps	20-second work, 40-second rest	3

Day 6 – 15 Minute Crunches Challenge

Exercises	Activity
Bicycle Crunches	6-8 reps on each side
Reverse Crunches	10-12 reps
Heel Tap Crunches	10-12 reps per side
Tabletop Crunches	10-12 reps
Oblique Crunches	8-12 reps per side

Rounds	As many as possible in 15 minutes
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Day 7 – Plank Challenge

Exercises	Activity
Forearm Plank	1-minute hold
Side Plank	30-second hold per side
Extended Forearm Plank	45-second Hold
Reverse Plank Leg Raise	15-second hold per side
Knee To Outside Elbow Plank	10 reps per side
Repetitions/Rounds	3

Day 8 – EMOM Abs Workout

Exercises	Activity
Mountain Climber	30-40 seconds work
Lying Leg Raise	30-40 seconds work
Plank Jacks with Knee Tuck	8-10 reps
Russian Twist	15-20 seconds/side
Forearm Plank	45-60 seconds hold
Repetitions/Rounds	3

Day 9 – Standard Rep Sets Method

Exercises	Activity	Sets	Time
Plank Tucks	10-12 reps	3	2-minute
Crossbody Mountain Climber	30 seconds work	3	3-minute
Seated Knee Tucks	15-20 reps	3	3-minute
Standing Bicycle Crunch	8-10 reps/side	3	3-minute
5A Forearm Plank	1-minute plank	2	2-minute
5B Side Plank	30-second on each side	2	2-minute

Day 10 – HIIT Ab Workout

Exercises	Activity
High Knees	30-second work, 15-second rest
Sit Outs	30-second work, 15-second rest
Plank Ankle Taps	10 reps on each side, 15-sec rest
Side Plank Hip Dips	10-20 taps/side
Flutter Kicks	20-30 seconds work
Rounds	3 (1-minute rest between rounds)

Day 11 – Isometric Abs Workout

Exercises	Activity
Bird Dog Plank	15 seconds hold per side
Hollow Body Hold	15-20 seconds hold
Side Plank	30 seconds hold per side
Forearm Plank	1-minute hold
Floor L-sit/Boat Pose	10-20 seconds hold
Repetitions/Rounds	3-4

Day 12 – Obliques Focused Workout

Exercises	Activity	Sets
Plank Army Crawl	20-second work, 40-second rest	3
Bicycle Crunches	20-second work, 40-second rest	3
Russian Twists	20-second work, 40-second rest	3
Side Plank Hip Dips	30-second per side	3
Alternating Toe Taps	20-second work, 40-second rest	3

Day 13 – 15 Minute Crunches Challenge

Exercises	Activity
Bicycle Crunches	6-8 reps on each side
Reverse Crunches	10-12 reps
Tuck Up	10-12 reps
Tabletop Crunches	10-12 reps
Oblique Crunches	8-12 reps per side
Rounds	As many as possible in 15 minutes

Day 14 – Plank Challenge

Exercises	Activity
Forearm Plank	1-minute hold
Side Plank	30-second hold per side
Extended Forearm Plank	45-second Hold
Reverse Plank Leg Raise	15-second hold per side
Knee To Outside Elbow Plank	10 reps per side
Repetitions/Rounds	3

Day 15 – EMOM Abs Workout

Exercises	Activity
Toe Touch and Hop	10-15 reps per side
Mountain Climber	30-40 seconds work
V Ups	8-12 reps
Lying Windshield Wiper	6-8 reps on each side
Single-Leg Tuck-up	10-15 reps per side

Repetitions/Rounds	3
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Day 16 – Standard Rep Sets Method

Exercises	Activity	Sets	Time
Jumping Jacks	30 seconds work	2	2-minute
Crossbody Mountain Climber	30 seconds work	3	3-minute
Reverse Crunches	15-20 reps	3	3-minute
Plank Rotations	10-20 taps/side	3	3-minute
5A Forearm Plank	1-minute plank	2	2-minute
5B Side Plank with Leg Raise	10 reps on each side	2	2-minute

Day 17 – HIIT Ab Workout

Exercises	Activity
Bicycle Crunches	30-second work, 15-second rest
High Knees	30-second work, 15-second rest
Knee Tap Push-ups	10 reps on each side, 15-sec rest
Side Plank Hip Dips	10-20 taps/side
Flutter Kicks	20-30 seconds work
Rounds	3 (1-minute rest between rounds)

Day 18 – Isometric Abs Workout

Exercises	Activity
Bird Dog Plank	15 seconds hold per side
Hollow Body Hold	15-20 seconds hold
Side Plank	30 seconds hold per side
Forearm Plank	1-minute hold
Floor L-sit/Boat Pose	10-20 seconds hold
Repetitions/Rounds	3-4

Day 19 – Obliques Focused Workout

Exercises	Activity	Sets
Crossbody Mountain Climber	20-second work, 40-second rest	3
Bicycle Crunches	20-second work, 40-second rest	3
Russian Twists	20-second work, 40-second rest	3
Side Plank with Reach Under	10 reps per side	3
Alternating Toe Taps	20-second work, 40-second rest	3

Day 20 – 15 Minute Crunches Challenge

Exercises	Activity
Bicycle Crunches	6-8 reps on each side
Reverse Crunches	10-12 reps
Heel Tap Crunches	10-12 reps per side
Tabletop Crunches	10-12 reps

Oblique Crunches	8-12 reps per side
Rounds	As many as possible in 15 minutes

Day 21 – Plank Challenge

Exercises	Activity
Forearm Plank	1-minute hold
Side Plank	30-second hold per side
Extended Forearm Plank	45-second Hold
Reverse Plank Leg Raise	15-second hold per side
Knee To Outside Elbow Plank	10 reps per side
Repetitions/Rounds	3

Day 22 – EMOM Abs Workout

Exercises	Activity
Lunge Front Kick	10 reps per side
Mountain Climber	30-40 seconds work
Butterfly Sit-up	10-20 reps
Russian Twist	15-20 seconds/side
Forearm Plank	45-60 seconds hold
Repetitions/Rounds	3

Day 23 – Standard Rep Sets Method

Exercises	Activity	Sets	Time
Glute Bridge March	30 seconds work	2	2-minute
Crossbody Mountain Climber	30 seconds work	3	3-minute
Dead Bug Crunches	10 reps per side	3	3-minute
Alternating Heel Taps	10-20 taps/side	3	3-minute
5A Forearm Plank	1-minute plank	2	2-minute
5B Side Plank	30-second on each side	2	2-minute

Day 24 – HIIT Ab Workout

Exercises	Activity
Bicycle Crunches	30-second work, 15-second rest
High Knees	30-second work, 15-second rest
Plank Ankle Taps	10 reps on each side, 15-sec rest
Side Plank Hip Dips	10-20 taps/side
Flutter Kicks	20-30 seconds work

Rounds	3 (1-minute rest between rounds)
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Day 25 – Isometric Abs Workout

Exercises	Activity
Bird Dog Plank	15 seconds hold per side
Hollow Body Hold	15-20 seconds hold
Side Plank	30 seconds hold per side
Forearm Plank	1-minute hold
Floor L-sit/Boat Pose	10-20 seconds hold
Repetitions/Rounds	3-4

Day 26 – Obliques Focused Workout

Exercises	Activity	Sets
Crossbody Mountain Climber	20-second work, 40-second rest	3
Bicycle Crunches	20-second work, 40-second rest	3
Plank Hip Twist	10 reps per side, 40-second rest	3
Side Plank Hip Dips	30-second per side	3
Alternating Toe Taps	20-second work, 40-second rest	3

Day 27 – 15 Minute Crunches Challenge

Exercises	Activity
Bicycle Crunches	6-8 reps on each side
Reverse Crunches	10-12 reps
Heel Tap Crunches	10-12 reps per side
Tabletop Crunches	10-12 reps
Oblique Crunches	8-12 reps per side
Rounds	As many as possible in 15 minutes

Day 28 – Plank Challenge

Exercises	Activity
Forearm Plank	1-minute hold
Side Plank	30-second hold per side
Extended Forearm Plank	45-second Hold
Reverse Plank Leg Raise	15-second hold per side
Knee To Outside Elbow Plank	10 reps per side
Repetitions/Rounds	3

Frequently Asked Questions (FAQs)

Is It Okay to Train Abs Daily?

It is okay to train your abs a little bit every day. However, don't do it for a long time, such as 2-3 months. You may feel discomfort on some days, but try to complete this 28-day challenge.

Can Beginners Do This?

No. This plan is for experienced people with a moderate core strength. If you are a beginner, start bolstering your abdominal strength with basic exercises, such as reverse crunches, planks, hollow body hold, and knee raises.

Can You Lose Belly Fat with this Plan?

Yes, as long as you stay in a calorie deficit. However, neither this nor any other workout plan can lower body or belly fat if you consume more calories than your body needs. This workout will help you achieve a stronger and thicker core and better endurance. ([Journal of Strength and Conditioning Research](#) & [Journal of Functional Morphology and Kinesiology](#))

What's The Best Time to Train Abs?

You can train your abs at your convenient time as there is no best or worst time to hit your abs. However, you should avoid training your core if you feel bloated or full.