

Six weeks to a toned tummy

Firm your tum and feel stronger in just 42 days!

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Week 1	Extended Arm Plank 20 sec hold 10 sec rest x3	Static Plank 20 sec hold 15 sec rest x3	Static Plank & Extended Arm Plank 20 sec hold 20 sec rest x2 of each	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x4) 5 min cool down	REST DAY	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x4) 5 min cool down	Static Plank & Extended Arm Plank 20 sec hold 20 sec rest x3 of each
Week 2	Extended Arm Plank 30 sec hold 20 sec rest x4	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x6) 5 min cool down Static Plank 30 sec hold 20 sec rest x4	Static Plank & Extended Arm Plank 30 sec hold 20 sec rest x2 of each	Extended Arm Plank & Raised Leg Plank 20 sec hold 20 sec rest x2 of each	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x4) 5 min cool down	REST DAY	Static Plank 45 sec hold 20 sec rest x4



Essentials

jenna carmen

Week 3	Extended Arm Plank 45 sec hold 20 sec rest x4	Static Plank 45 sec hold 20 sec rest x6	Extended Arm Plank 45 sec hold 20 sec rest x6	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x4) 5 min cool down	REST DAY	Static Plank & Extended Arm Plank 45 sec hold 20 sec rest x2 of each	Raised Leg Plank 60 sec hold 30 sec rest x3
Week 4	Extended Arm Plank 60 sec hold 20 sec rest x3	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x6) 5 min cool down	REST DAY	Side Plank 30 sec hold 30 sec rest x3 on each side	Side Plank 45 sec hold 30 sec rest x3 on each side	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x6) 5 min cool down	Static Plank & Extended Arm Plank 20 sec hold 20 sec rest x3 of each
Week 5	Extended Arm Plank & Side Plank (both sides) 30 sec hold 20 sec rest x3 of each	REST DAY	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x4) 5 min cool down	Extended Arm Plank, Side Plank & Static Plank (both sides) 20 sec hold 20 sec rest x2 of each	Cardio 5 min warm up 20 sec sprint, 100 sec low intensity (x4) 5 min cool down Side Plank (both sides) 45 sec hold 30 sec rest x2	Static Plank 60 sec hold 20 sec rest x3	Extended Arm Plank 80 sec hold 20 sec rest x3

Week 6

Cardio

5 min warm up
20 sec sprint,
100 sec low
intensity (x4)
5 min cool
down

REST DAY

Side Plank

60 sec hold
30 sec rest
x3 on each
side

Cardio

5 min warm up
20 sec sprint,
100 sec low
intensity (x4)
5 min cool
down

**One Arm
Plank**

60 sec hold
30 sec rest
x3 on each
side

Cardio

5 min warm up
20 sec sprint,
100 sec low
intensity (x4)
5 min cool
down

**One Arm
Plank**

60 sec hold
30 sec rest
x2 on each side

**Extended
Arm Plank,
Side Plank
& Static Plank**
(both sides)

20 sec hold
20 sec rest
x2 of each

