



EXCUSE *Antania*
My **FTI** BRYANT

AT-HOME
ABS

**4 WEEK
GUIDE**

TARGETS ABS 4 DAYS
THROUGHOUT EACH WEEK

THIS AT-HOME AB WORKOUT GUIDE REQUIRES LITTLE TO NO GYM EQUIPMENT.

The guide consist of timed intervals instead of sets/reps. This is a 4 week guide that targets abs 4 days throughout each week.

Week 1 starts off light, after that each week gradually gets more intense.

Also included is a meal plan designed to work together with the workout to help tone your muscles. The meal plan includes 6 meals a day giving you options to choose for each meal.

I **HIGHLY** recommend that you stay consistent with the meal plan while training your core to ensure best results.

WEEK 1

Perform Each Exercise 20 Seconds
No Rest in Between
Repeat 3 Times

DAY 1

▶ FLUTTER KICKS

▶ HEEL TAPS

▶ WIPERS

▶ SIDE TO SIDE SWING PLANK

DAY 2

▶ RAISED LEG CIRCLES

▶ UP AND DOWN PLANK

▶ SCISSORS

▶ RUSSIAN TWIST

DAY 3

▶ PLANK LEG RAISE

▶ BICYCLE CRUNCHES

▶ PLANK CRUNCHES

▶ SINGLE LEG STRETCH

DAY 4

▶ HALF WIPERS

▶ LEG RAISES

▶ CRUNCHES

▶ WIDE PLANK

WEEK 2

Perform each exercise 30 seconds
No rest in between
Repeat 3 times

DAY 1

▶ EXTENDED CRUNCHES

▶ HOLLOW HOLD

▶ OPPOSITE ARM/LEG RAISES

▶ V WITH ROTATIONS

DAY 2

▶ CLIMBER TOE TAPS

▶ SIDE TO SIDE CHOPS

▶ KNEE TO ELBOW V2

▶ PLANK

DAY 3

▶ CORE PULSE

▶ CROSS CRUNCHES

▶ CRUNCH KICKS

▶ SITTING PUNCHES

DAY 4

▶ KNEE-IN TWIST

▶ REVERSE CRUNCHES

▶ PLANK CRUNCHES

▶ HIGH CRUNCHES

WEEK 3

Perform each exercise 30 seconds
No rest in between
Repeat 4 times

DAY 1

▶ SINGLE LEG STRETCH

▶ V WITH ROTATIONS

▶ HEEL TAPS

▶ PLANK LEG RAISES

DAY 2

▶ SIDE TO SIDE SWING PLANK

▶ RAISED LEG CIRCLES

▶ UP AND DOWN PLANK

▶ CLIMBER TOE TAPS

DAY 3

▶ RUSSIAN TWIST

▶ SCISSORS

▶ LEG RAISES

▶ CRUNCHES

DAY 4

▶ PLANK LEG RAISE

▶ BICYCLE CRUNCHES

▶ HIGH CRUNCHES

WEEK 4

Perform each exercise 30 seconds
No rest in between
Repeat 4 times

DAY 1

- ▶ CRUNCH KICKS
- ▶ WIDE PLANK
- ▶ REVERSE CRUNCHES
- ▶ KNEE TO ELBOW V2

DAY 2

- ▶ CORE PULSE
- ▶ FLUTTER KICKS
- ▶ CLIMBER TOE TAPS
- ▶ PLANK CRUNCHES

DAY 3

- ▶ EXTENDED CRUNCHES
- ▶ HALF WIPERS
- ▶ WIPERS
- ▶ SIDE TO SIDE CHOPS

DAY 4

- ▶ CROSS CRUNCHES
- ▶ SITTING PUNCHES
- ▶ PLANK
- ▶ HEEL TAPS

**THIS DIET PLAN
INCLUDES
6 MEALS A DAY
WITH OPTIONS**

This plan is to be completed while doing the Core Blast program to help tone and define your muscles.

Once you have completed this plan you will return to your healthy lifestyle plan.

AB DIET PLAN

THIS IS A SHORT-TERM DIET PLAN
CHOOSE 1 MEAL FROM EACH COLUMN

BREAKFAST	MEAL 2	MEAL 3
<ul style="list-style-type: none">» OATMEAL» SCRAMBLED EGGS W/ SAUTÉED VEGGIES» PROTEIN BAR» FRESH GREEN SMOOTHIE» LOW-FAT GREEK YOGURT W/ BANANAS	<ul style="list-style-type: none">» SLICED CHEESE W/ 1 SLICED APPLE» 1 CUP FRUIT W/ ALMOND BUTTER» SLICED CHEESE W/ 1 CUP FRUIT	<ul style="list-style-type: none">» SALMON W/ BROCCOLI AND RICE» CHICKEN BREAST W/ PEAS AND SWEET POTATOES» TUNA AND SIDE SALAD» BAKED POTATO
MEAL 4	MEAL 5	MEAL 6
<ul style="list-style-type: none">» PROTEIN BAR» COTTAGE CHEESE W/ GRAPEFRUIT» 1 SLICED APPLE W/ ALMONDS» LOW-FAT GREEK YOGURT W/ CINNAMON	<ul style="list-style-type: none">» TURKEY BURGER W/ LETTUCE BUN AND TOMATO AND CUCUMBER SALAD» CAESAR SALAD» TUNA W/ SIDE SALAD» SALMON W/ GREEN BEANS» CHICKEN BREAST W/ GREEN BEANS	<ul style="list-style-type: none">» CHICKEN STRIPS W/ COTTAGE CHEESE» HARD BOILED EGGS» LOW-FAT GREEK YOGURT W/ HONEY» CUCUMBER W/ CHICKEN STRIPS

A dark, moody photograph of a woman with short dark hair, wearing a black sports bra and blue and pink striped leggings. She is looking upwards and to the right, with her hands on her hips. The background is black.

Antonia
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