

15-MINUTE ABS WORKOUT GUIDE

Complete At-Home Core Training Plan

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THE 15-MINUTE DAILY ROUTINE

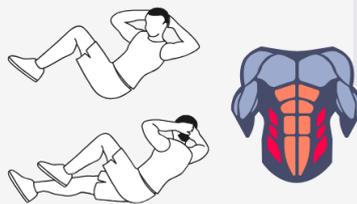
15-MINUTE ABS WORKOUT

AIM 1-2 ROUNDS X 2-3 TIMES A WEEK

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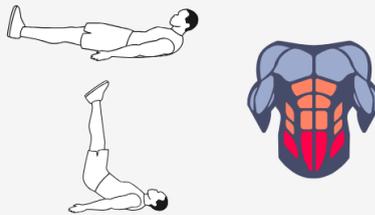
CRUNCH
45 SECONDS



BICYCLE CRUNCH
45 SECONDS



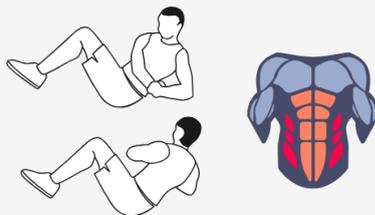
PLANK HOLD
45 SECONDS



LEG RAISES
45 SECONDS



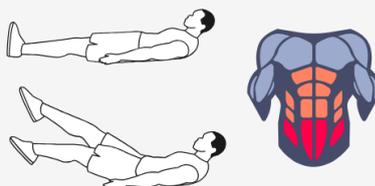
MOUNTAIN CLIMBERS
45 SECONDS



RUSSIAN TWISTS
45 SECONDS



DEADBUG
45 SECONDS



FLUTTER KICKS
45 SECONDS

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WARM-UP (2 Minutes)

- Standing torso twists – 30 seconds
- Hip circles – 30 seconds each direction
- Cat-cow stretches – 30 seconds

MAIN WORKOUT (12 Minutes)

Complete 2-3 rounds • 60 seconds rest between rounds

1. Abdominal Crunches – 45 seconds [Upper Abs]

Lie on back, knees bent, hands behind head. Lift shoulders off ground using abs. Keep lower back pressed down. Controlled movement, exhale up.

2. Bicycle Crunches – 45 seconds [Obliques + Full Core]

Lift shoulders, alternate elbow to opposite knee while extending other leg. Rotate from torso, not just elbows. Keep lower back pressed down.

3. Plank Hold – 45 seconds [Full Core + Transverse Abdominis]

Forearms and toes, straight line from head to heels. Don't let hips sag or pike up. Engage glutes and quads. Look at floor (neutral neck).

4. Leg Raises – 45 seconds [Lower Abs]

Lie flat, legs straight, hands under glutes. Raise legs to 90°, lower without touching floor. Keep lower back pressed down. Move slowly.

5. Mountain Climbers – 45 seconds [Full Core + Cardio]

Start in plank, alternate driving knees toward chest in running motion. Keep hips level, maintain plank position. Start slow, build speed.

6. Russian Twists – 45 seconds [Obliques + Rotational Core]

Sit with knees bent, feet off ground, lean back slightly. Clasp hands, rotate torso side to side, touching ground beside hip. Keep chest up.

7. Dead Bug – 45 seconds [Deep Core + Stability]

Lie on back, arms extended up, knees bent 90°. Lower opposite arm and leg toward floor. Never let lower back arch off floor. Move slowly.

8. Flutter Kicks – 45 seconds [Lower Abs + Hip Flexors]

Lie flat, hands under glutes, lift legs slightly off ground. Alternate small, quick kicks. Keep legs straight, toes pointed. Press lower back down.

COOL DOWN (2 Minutes)

- Cobra stretch – 30 seconds
- Child's pose – 30 seconds
- Seated spinal twist – 30 seconds each side

WEEKLY WORKOUT PLANS

BEGINNER (Weeks 1-4)

| Day | Workout |
|-----|---|
| MON | Complete abs workout (12 minutes, 2 rounds) |
| TUE | Rest or light cardio (20-minute walk) |
| WED | Complete abs workout (12 minutes, 2 rounds) |
| THU | Rest or light cardio (20-minute walk) |
| FRI | Complete abs workout (12 minutes, 2 rounds) |
| SAT | Rest or light cardio |
| SUN | Complete rest day |

INTERMEDIATE (Weeks 5-8)

| Day | Workout |
|-----|---|
| MON | Complete abs workout (15 minutes, 3 rounds) + 10-min cardio |
| TUE | Upper body home workout (push-ups, dips, rows) |
| WED | Complete abs workout (15 minutes, 3 rounds) + 10-min cardio |
| THU | Lower body workout (squats, lunges, glute bridges) |
| FRI | Complete abs workout (15 minutes, 3 rounds) + 10-min cardio |
| SAT | Active recovery (yoga, stretching, light walk) |
| SUN | Complete rest day |

ADVANCED (Week 9+)

| Day | Workout |
|-----|--|
| MON | Complete abs workout (18 minutes, 3 rounds) + 20-min HIIT cardio |
| TUE | Full body workout gym routine (compound movements) |
| WED | Complete abs workout (18 minutes, 3 rounds) + 30-min steady cardio |
| THU | Full body workout gym routine (compound movements) |
| FRI | Complete abs workout (18 minutes, 3 rounds) + 20-min HIIT cardio |
| SAT | Active recovery or light abs focus workout |
| SUN | Complete rest day |

QUICK TIPS FOR SUCCESS

- **Form over speed:** Quality reps beat rushed movements
- **Breathe properly:** Exhale during effort, inhale during release
- **Progress gradually:** Add rounds or reduce rest time weekly
- **Stay hydrated:** Drink water before, during, and after workouts
- **Rest is crucial:** Muscles grow during recovery, not during workouts
- **Nutrition matters:** Abs are revealed through diet + exercise
- **Track progress:** Take photos every 2 weeks, measure waist weekly

CONSISTENCY IS KEY • STAY COMMITTED • YOU'VE GOT THIS!