

D' WILLPOWER

Strength

Find your inner strength

ABS CHALLENGE

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ABS CHALLENGE

INTRODUCTION

Next you will follow the routines for this abs challenge, but before we dig into the workouts I would like to point out some basic but important nutrition advise, that may help you reach your goal faster.

You cannot outrun a bad diet, and you cannot make changes overnight. So it is recommended to start with small but positive changes. When you have a big goal it is recommended to break them down in small pieces rather than trying to achieve the huge piece as a whole. The same can be apply with changes, instead of making a radical transformation in your lifestyle it is more likely that you will stick with those changes if you incorporate them little by little.

As a result, you will feel more motivated to continue, see faster results as you stick longer in this new phase, impacting not only the way you look, but more importantly the way you feel.

Getting use to eat a clean and healthy diet, do not necessary means to be hungry all the time, to eat food that you don't like, or eat just plain lettuce (I'm sure you can picture my face as I say this). On the contrary, eating meals that are rich and balance is the key to success.

Please follow this guideline:

- Control your portions,
- Eat more vegetables,
- Less processed food that are high in sodium and saturated fat,
- Avoid sodas or bottled juices, and specially
- Avoid sugar and artificial sweeteners

It is a well known saying that abs are made in the kitchen, also that fitness is 80% nutrition and 20% workouts, I say it is 100 WILLPOWER.

If you don't put 100 of your willpower, your energy, your determination and motivation, it's very likely that you will stick to this, or any other plan, for few days, a week or maybe two. This is a long-term commitment!

If you are not willing to do your best, to put your full energy into it, your focus, your work, doesn't matter how many salads or many crunches you do **in 1 day**¹ it won't work, this is not one-day solution this has to be a lifestyle.

Eating healthy and been active should be your mantra!

¹How long you have you been with a bad diet and/or bad fitness level, or maybe you are just coming back from a recovery or injury and gain some weight, don't force yourself to make this change or expect results in just 1 day

For this challenge you may need (but not required):

Yoga mat



Gliding discs



Exercise ball



Jump rope`



Resistance bands



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Mark when complete:

Week 1	Sun	Mon	Tues	Wed	Thu	Fri	Sat	
Workout	OFF <input type="checkbox"/>	Workout Routine 1 <input type="checkbox"/>	Workout Routine 2 <input type="checkbox"/>	Active recovery <input type="checkbox"/>	Workout Routine 1 <input type="checkbox"/>	Workout Routine 2 <input type="checkbox"/>	OFF <input type="checkbox"/>	
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Nutrition								

Week 2	Sun	Mon	Tues	Wed	Thu	Fri	Sat	
Workout	OFF <input type="checkbox"/>	Workout Routine 1 <input type="checkbox"/>	Workout Routine 2 <input type="checkbox"/>	Active recovery <input type="checkbox"/>	Workout Routine 1 <input type="checkbox"/>	Workout Routine 2 <input type="checkbox"/>	OFF <input type="checkbox"/>	
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Nutrition								

Week 3	Sun	Mon	Tues	Wed	Thu	Fri	Sat	
Workout	OFF <input type="checkbox"/>	Workout Routine 1 <input type="checkbox"/>	Workout Routine 2 <input type="checkbox"/>	Active recovery <input type="checkbox"/>	Workout Routine 1 <input type="checkbox"/>	Workout Routine 2 <input type="checkbox"/>	OFF <input type="checkbox"/>	
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Nutrition								

Week 4	Sun	Mon	Tues	Wed	Thu	Fri	Sat	
Workout	OFF <input type="checkbox"/>	Workout Routine 1 <input type="checkbox"/>	Workout Routine 2 <input type="checkbox"/>	Active recovery <input type="checkbox"/>	Workout Routine 1 <input type="checkbox"/>	Workout Routine 2 <input type="checkbox"/>	OFF <input type="checkbox"/>	
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Nutrition								

Intro	
Workout	Intro <input type="checkbox"/>
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Nutrition	

Bonus	
Workout	Bonus <input type="checkbox"/>
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Nutrition	

Before the challenge start!

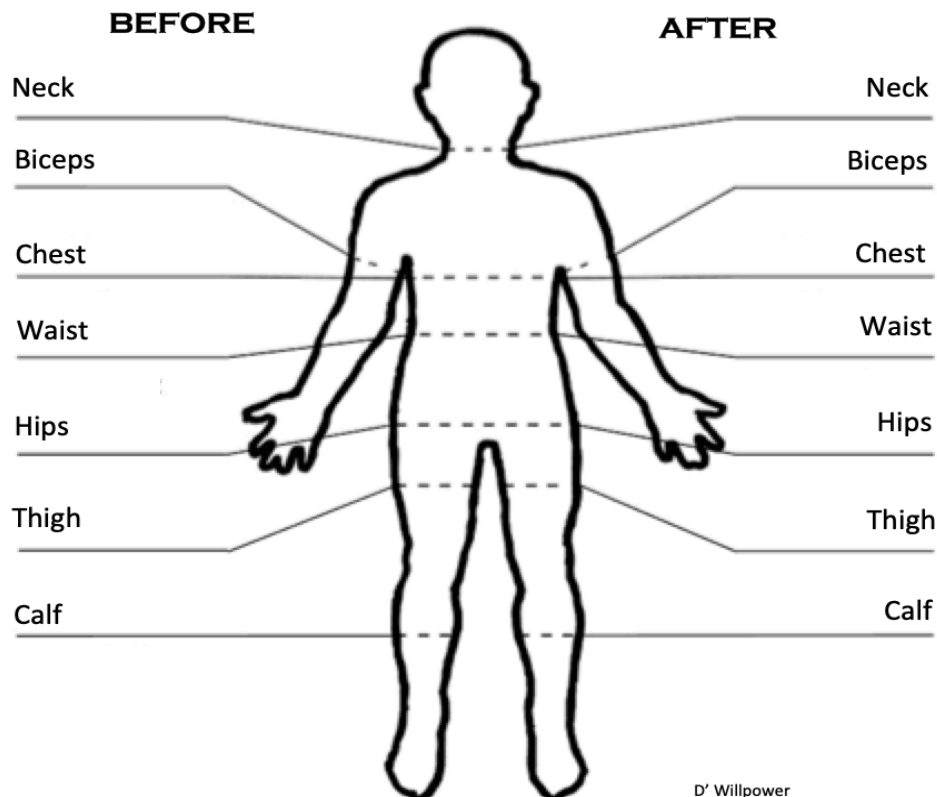
Before we start the challenge we need to understand where we stand right now, so we can compare ourselves when it finished to determine any change. Please take your measurements, calculate your body fat, and take before picture.

Before and after pictures:

It is recommended to take the pictures in a clean and bright background, pick any outfit of your preference, but something fitting is more appropriate (like sport cloth or swimming suit). Don't wear lose close as you want to see any possible changes. I would recommend that you PACK this outfit in a bag, label it, and don't open it again until the end of the challenge. This will avoid temptation of using it for another occasion.

Use the same outfit for the AFTER picture and compare both photos. You can print this photo on regular paper and glue in the back of this document; this will be only for you to see, unless you will decide that you want to share your results.

Please take this measurement:



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Key measurements

	Before	After
Weight:		
Body Fat:		
WHR		

How to calculate WHR:

Using the measurements taken in the step before,

$$(\text{Waist} \div \text{Hip}) = \text{WHR}$$

Now fill the blank with your data

$$\underline{\hspace{2cm}} \div \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

$$\text{WHR} = \underline{\hspace{2cm}}$$

If your goal is to reach a healthier WHR, the best way to do so is by adjusting your waist. To calculate what your ideal waistline should be, please follow the following steps:

- Identify the WHR (see table below and select a number closer to your current measurement)
- Measure your hip
- Fill up the following formula and calculate:

Example; if your calculated WHR was 1.2. Now select the lower level from the table, WHR 1 to do the new calculation and determine what your waist should be

$$\text{Waist} = \text{WHR} \text{ (From the table)} \times \text{Hip}$$

$$\text{Waist} = \underline{\hspace{2cm}} \times \underline{\hspace{2cm}}$$

$$\text{Waist} = \underline{\hspace{2cm}}$$

That's your waist GOAL!

According to the World Health Organization (WHO), a healthy WHR is:

- 0.8 or less for women
- 0.95 or less in men

Waist to Hip Ratio Table

Health risk	Women	Men
Low	0.8 or lower	0.95 or lower
Moderate	0.81 - 0.85	0.96 - 1
High	0.86 or higher	1 or higher

Intro Routine:

Perform the following routine as a series 2 to 4 times (1 to 5, then repeat).

#	Workout	Description	Done
1	Plank	Hold front for 20 seconds	① ② ③ ④
2	Alternating crunch	20 repetitions, 10 each side	① ② ③ ④
3	Alternating leg raise	25 repetitions	① ② ③ ④
4	Bridge	Hold front for 20 seconds	① ② ③ ④
5	Jump rope	20 seconds jump rope	① ② ③ ④

This is the baseline routine, write down here how you feel with this routine?, how many rounds you could complete (1, 2, 3 or 4)?, how long it took to complete those rounds? What's easy, hard, challenging?

There is not right or wrong answer in here, but it will help you to set your bar.

How many rounds completed?	① ② ③ ④
Elapse total time?	
In a scale 0 to 10, where 0 is very easy and 10 were very hard, how would you rate this workout?	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
Do you feel you could have done another round?	👍 👎
Your notes:	

WEEK 1**Workout Routine 1:**

Perform the following routine as a series 3 to 5 times (1 to 5, then repeat).

#	Workout	Description	Day 1	Day 2
1	Plank	Hold front plank for 30 seconds		
2	Russian twist	20 repetitions, 10 each side		
3	Leg raise	15 repetitions		
4	Superman	20 repetitions, 10 each side		
5	Jump rope	20 seconds jump rope		

Workout Routine 2:

Perform the following routine 3 to 5 times (1 to 5, then repeat).

#	Workout	Description	Day 1	Day 2
1	Push ups	10 Repetitions		
2	Side Plank	30 seconds hold		
3	Mountain climbers 3-way	20 repetitions, 10 each side		
4	Fire hydrant	20 repetitions, 10 each side		
5	Double to jack	20 seconds double jump to jack jump		

Nutrition Challenge:

- ⇒ Drink at least 8 glasses of water a day (track your water intake)
- ⇒ Track your meal intake (examples app to use: MyFitnessPal)

WEEK 2**Workout Routine 1:**

Perform the following routine 3 to 5 times (1 to 5, then repeat).

#	Workout	Description	Day 1	Day 2
1	Plank	Hold front plank for 40 seconds		
2	Side plank, hip drop	30 repetitions, 15 each side		
3	Two leg lift over	15 repetitions		
4	Bridge with discs	20 repetitions, 10 each side		
5	Jump rope	20 seconds jump rope normal speed, followed by 10 seconds fast speed		

Workout Routine 2:

Perform the following routine 3 to 5 times (1 to 5, then repeat).

#	Workout	Description	Day 1	Day 2
1	Plank reach forward	30 repetitions, 15 each side		
2	Side plank leg raise	30 repetitions, 15 each side		
3	Exercise ball tuck in	20 repetitions		
4	Bird dog	30 repetitions, 15 each side		
5	Jumping jacks	30 seconds jumping jacks		

Nutrition Challenge:

- ⇒ No sodas, bottled juice or any sugar added drinks. Avoid fruits after 6pm. Cut sugar as much as possible.
- ⇒ No sodas, bottled juice or any sugar added drinks. Avoid fruits after 6pm. Cut sugar as much as possible.
- ⇒ Drink at least 8 glasses of water a day.

WEEK 3**Workout Routine 1:**

Perform the following routine 3 to 5 times (1 to 5, then repeat).

#	Workout	Description	Day 1	Day 2
1	Plank up and down	30 repetitions		
2	Side plank, reach under	30 repetitions, 15 each side		
3	Mountain climber with discs	30 repetitions, 15 each side		
4	Scorpion	30 repetitions, 15 each side		
5	Jump rope side swipe	1 minute, 4 jumps, side to side swipe		

Workout Routine 2:

Perform the following routine 3 to 5 times (1 to 5, then repeat).

#	Workout	Description	Day 1	Day 2
1	Plank with exercise ball	Hold plank for 30 seconds		
2	Mermaid Crunch	20 repetitions, 10 each side		
3	Corkscrew leg raise	20 repetitions		
4	Marching bridge with resistance band	30 repetitions, 15 each side		
5	Jumping jacks	40 seconds jumping jacks rope		

Nutrition Challenge:

- ⇒ No sodas, bottled juice or any sugar added drinks. Avoid fruits after 6pm. Cut sugar as much as possible.
- ⇒ Drink at least 8 glasses of water a day.
- ⇒ Avoid processed food high in sodium and saturated fat.
- ⇒ Do you feel hungry between meals?
 - Be sure you are not thirsty
 - Grab a healthy snack if you are really hungry
 - Drink a hot tea
 - Evaluate your healthy daily calories intake
 - Do a workout challenge, your mind will be occupied and you will stop thinking about food, most people get hungry while bored

WEEK 4**Workout Routine 1:**

Perform the following routine 3 to 5 times (1 to 5, then repeat).

#	Workout	Description	Day 1	Day 2
1	Front plank on exercise ball	Hold plank for 40 seconds		
2	Double eagles	30 repetitions, 15 each side		
3	Flutter crunches	30 repetitions, 15 each side		
4	Around the clock with gliding discs	30 repetitions, 15 each side		
5	Basic jump	1 minute jumping rope		

Workout Routine 2:

Perform the following routine 3 to 5 times (1 to 5, then repeat).

#	Workout	Description	Day 1	Day 2
1	Plank Up and down	20 up / 20 down		
2	Pushups to T	30 repetitions, 15 each side		
3	Plank reach in/out	30 repetitions, 15 each side		
4	Side Plank with leg raise	30 repetitions, 15 each side		
5	Double jump to jack	1 minute double jump to jack jump		

Nutrition Challenge:

- ⇒ No sodas, bottled juice or any sugar added drinks. Avoid fruits after 6pm. Cut sugar as much as possible.
- ⇒ Drink at least 8 glasses of water a day.
- ⇒ Avoid processed food high in sodium and saturated fat.
- ⇒ Do you feel hungry between meals?
 - Be sure you are not thirsty
 - Grab a healthy snack if you are really hungry
 - Drink a hot tea
 - Evaluate your healthy daily calories intake
 - Do a workout challenge, your mind will be occupied and you will stop thinking about food, most people get hungry while bored

Bonus Routine:

This will be an even more challenging routine, this time we will change the format and perform all the exercises in a **10 to 1 format**. Meaning, perform the exercises in a series 10 times, then 9, then 8 and so on until you do 1 of each.

#	Workout	Description
1	Reverse plank march	Count only right leg while marching
2	Knee drive to pushups	Count on every pushups
3	Corkscrew leg raise	Add weight on leg if possible
4	Side plank pulse, reach under	Repeat each side
5	Burpee	Use variations if needed

⑩ ⑨ ⑧ ⑦ ⑥ ⑤ ④ ③ ② ①

How many rounds completed?	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
Elapse total time?	
In a scale 0 to 10, where 0 is very easy and 10 were very hard, how would you rate this workout?	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩
Do you feel you could have done another round?	👍 👎
Your notes:	

**YOU DID IT.
YOU COMPLETED THIS CHALLENGE!**



Now what?

- Take your measurements and fill the chart on page 6
- Calculate your WHR and compare to page 7
- Take your after photos and compare results
- Keep a healthy eating habit
- Maintain an active lifestyle.
- Repeat this challenge as many time as you need, comparing your notes, aiming to get an extra repetition, a more difficult variation, feeling stronger and committed to stick to your good habits.

Please connect and leave your feedback:

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