



7 DAY ABS

FREE WORKOUT GUIDE





WELCOME TO OUBAFITT 7 DAY AB WORKOUT GUIDE

INTRODUCTION

My name is Ouba.

I help men and women transform their bodies without spending hours in the gym or sacrificing their social lives. You don't need to make huge changes to see big results.

In this book, I'm excited to share with you a 7-day workout guide that focuses specifically on your abs. These workouts are designed to fit into your busy life, so you can get stronger and feel better without giving up the things you love.

By following my 7-day guide, you will see a difference. You will get stronger, feel more confident, and notice changes in just few weeks!



HOW TO USE

This FREE 7 day workout guide has been built to help you strengthen your core muscles with a mixture of compound and abdominal exercises.

You will find in this guide 6 workouts that are designed to help you strengthen your core by targeting core stability and sculpting your abdominals from top to bottom!

Whether you're a regular gym goer, or an infrequent exerciser, this E-Book will give you a week's worth of effective workouts that specifically target the core area to help with definition and power.

A strong core enables you to improve your posture, decrease back pain, and improve overall balance, performance and flexibility.

Each day, you will perform 1 of the 6 workouts, with the option of doubling up on any that you really enjoy. I've included video demos to help you with the movements.

By focussing clearly on the movement and mind-muscle connection, you will see visible progress and results within a week!

If you enjoy these workouts, please share and tag me on socials!
@OUBAFITT





WORKOUTS

WORKOUTS A	EXERCISE	SETS	REPS
	Crunches	3	15-20 reps
	Plank	3	15-20 reps
	Bicycle Crunches	3	15-20 reps
	Leg Raises	3	15-20 reps
	Russian Twists	3	15-20 reps
	Mountain Climbers	3	15-20 reps

WORKOUTS B	EXERCISE	SETS	REPS
	Reverse Crunches	3	15-20 reps
	Toe Touches	3	15-20 reps
	Side Plank	3	15-20 reps
	Flutter Kicks	3	15-20 reps
	Standing Oblique Crunches	3	15-20 reps
	Dead Bug	3	15-20 reps

WORKOUTS C	EXERCISE	SETS	REPS
	Ab Rollouts	5	15-20 reps
	V-Ups	3	15-20 reps
	Windshield Wipers	2	15-20 reps
	Seated Knee Tucks	3	15-20 reps
	Heel Touches	3	15-20 reps
	Scissor Kicks	3	15-20 reps



WORKOUTS

		EXERCISE	SETS	REPS
WORKOUTS D		Hanging Leg Raises	3	15-20 reps
		Jackknife Sit-Ups	3	15-20 reps
		Plank with Hip Dips	3	15-20 reps
		Boat Pose (Navasana)	3	15-20 reps
		Standing Cross-Body Crunches	3	15-20 reps
		Side Plank with Leg Lift	3	15-20 reps
		EXERCISE	SETS	REPS
WORKOUTS E		Medicine Ball Slams	3	15-20 reps
		Dragon Flags	3	15-20 reps
		Lying Side Leg Raises	3	15-20 reps
		Hollow Body Hold	3	15-20 reps
		Cable Woodchoppers	3	15-20 reps
		Sit-Up with Twist	3	15-20 reps
		EXERCISE	SETS	REPS
WORKOUTS F		Mountain Climbers with Twist	3	15-20 reps
		Plank Jacks	3	15-20 reps
		Swiss Ball Rollouts	3	15-20 reps
		Knee Tucks on Stability Ball	3	15-20 reps
		Side V-Ups	3	15-20 reps
		L-Sit Hold	3	15-20 reps

Ready for the next level?

Thank you so much for taking the time to read my 7-day workout guide. I hope you found the workouts helpful and that you enjoyed trying them out. Your fitness journey is very important to me, and I want you to know that I'm here to support you every step of the way.

If you're ready to take your fitness goals to the next level, I'd love to help you get there. That's why I'm offering a free consultation call. During this call, we can talk about your goals, any challenges you might be facing, and how we can work together to achieve your aspirations.

You can easily book your free consultation call by reaching out to me at the number below. I'm really looking forward to hearing from you and starting this journey together!

