

One&Done

ONE MINUTE ABS MANUAL

Tone & Tighten Your Abs In
Just One Minute

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ONE MINUTE ABS MANUAL

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Welcome to Your One & Done Abs Workout and Exercise Guide!

What You Need for Your Workouts	4
Tips and Tricks	4
Workout Calendars	6
Workout Routines	10-14

Hey!

I am super happy you are here because that means you are ready to get lean, with your exclusive follow along **One Minute Abs Workouts**.

Here, you'll find everything you need to get started right away! Remember, this is only a guide and your follow-along workouts can be found below to download at your convenience.

What You Need for Your Workouts

The greatest part is that you don't need ANY equipment.

The only things you need are:

- Yourself
- A mat or towel
- A watch (digital or with second hand) or timer
- Water

Tips and Tricks

There are 14 One Minute Abs Workouts.

Some Basics

Each of the 14 One Minute Abs Workouts are 1 minute long with:

- 3 x 20 second exercises for a total of 1 minute without rest
- This workout is designed for maximum burn in minimum time

Putting It All Together

Use your One Minute Abs workouts whenever you need a belly burn.

For best results, add 3-4 One Minute Abs sets to your One & Done workout routine.

How to “Downscale” Each Workout

If you are having a hard time keeping up with the sprint-recover cycle, IT'S OK! I want you to do your best and remember...

...one minute is all you need. Just by giving it your best, you will build a habit structure that will make you MASSIVELY successful in the long-run!

Take your time.

I want you to succeed. If you need to slow down, then slow down, BUT DO NOT stop. Consistency is key, and I want you to do 110% of what your ability can handle. We can build you up!

How to “Up” Each Workout

Increase the amount of cycles. Although you will get amazing results from the traditional One Minute Abs, you can always increase the number of cycles you perform.

Perform a One Minute Abs cycle before and after you One & Done workout.

Workout Calendars

One & Done (OD) + One Minute Abs (ABS)

For the One & Done workout calendars, you have different workout days, based on your fitness level. You can add your One Minute Abs workouts to the beginning and/or end of your regular One & Done workouts.

If you are doing the One Minute Abs workouts by themselves, simply omit the One & Done workouts entirely.

- At the Beginner Level, you should work out 3 times per week.
- At the Intermediate Level, you should work out 4 times per week.
- At the Advanced Level, you should work out 5-7 times per week.

We have provided one sample workout for each fitness level, but you adjust the frequency and the days based on your own needs.



Check off each workout, as you complete it!

Streamline your mind, body & life.

Beginner

Day 1 <input type="checkbox"/> Speed (OD) Build (ABS)	Day 2 <input type="checkbox"/> 20-Minute Walk	Day 3 <input type="checkbox"/> Agility (OD) Burn (ABS)	Day 4 <input type="checkbox"/> 20-Minute Walk	Day 5 <input type="checkbox"/> Momentum (OD) Sculpt (ABS)	Day 6 <input type="checkbox"/> 20-Minute Walk	Day 7 <input type="checkbox"/> FUN DAY
Day 8 <input type="checkbox"/> Accelerate (OD) Sizzle (ABS)	Day 9 <input type="checkbox"/> 20-Minute Walk	Day 10 <input type="checkbox"/> Burst (OD) Shred (ABS)	Day 11 <input type="checkbox"/> 20-Minute Walk	Day 12 <input type="checkbox"/> Blast (OD) Ripped (ABS)	Day 13 <input type="checkbox"/> 20-Minute Walk	Day 14 <input type="checkbox"/> FUN DAY
Day 15 <input type="checkbox"/> Slimmer (OD) Tone (ABS)	Day 16 <input type="checkbox"/> 20-Minute Walk	Day 17 <input type="checkbox"/> Lean Out (OD) Define (ABS)	Day 18 <input type="checkbox"/> 20-Minute Walk	Day 19 <input type="checkbox"/> Dynamic (OD) Charge (ABS)	Day 20 <input type="checkbox"/> 20-Minute Walk	Day 21 <input type="checkbox"/> FUN DAY
Day 22 <input type="checkbox"/> Torch (OD) Accomplish (ABS)	Day 23 <input type="checkbox"/> 20-Minute Walk	Day 24 <input type="checkbox"/> Tone (OD) Push (ABS)	Day 25 <input type="checkbox"/> 20-Minute Walk	Day 26 <input type="checkbox"/> Tighten (OD) Strive (ABS)	Day 27 <input type="checkbox"/> 20-Minute Walk	Day 28 <input type="checkbox"/> FUN DAY
Day 29 <input type="checkbox"/> Strengthen (OD) Fast (ABS)	Day 30 <input type="checkbox"/> 20-Minute Walk	Day 31 <input type="checkbox"/> Invigorate (OD) Fit (ABS)				

Streamline your mind, body & life.

Intermediate

Day 1 <input type="checkbox"/> Speed (OD) Build (ABS)	Day 2 <input type="checkbox"/> 20-Minute Walk	Day 3 <input type="checkbox"/> Agility (OD) Burn (ABS)	Day 4 <input type="checkbox"/> 20-Minute Walk	Day 5 <input type="checkbox"/> Momentum (OD) Sculpt (ABS)	Day 6 <input type="checkbox"/> 20-Minute Walk	Day 7 <input type="checkbox"/> Accelerate (OD) Sizzle (ABS)
Day 8 <input type="checkbox"/> Burst (OD) Shred (ABS)	Day 9 <input type="checkbox"/> 20-Minute Walk	Day 10 <input type="checkbox"/> Blast (OD) Ripped (ABS)	Day 11 <input type="checkbox"/> 20-Minute Walk	Day 12 <input type="checkbox"/> Slimmer (OD) Tone (ABS)	Day 13 <input type="checkbox"/> 20-Minute Walk	Day 14 <input type="checkbox"/> Lean Out (OD) Define (ABS)
Day 15 <input type="checkbox"/> Dynamic (OD) Charge (ABS)	Day 16 <input type="checkbox"/> 20-Minute Walk	Day 17 <input type="checkbox"/> Torch (OD) Accomplish (ABS)	Day 18 <input type="checkbox"/> 20-Minute Walk	Day 19 <input type="checkbox"/> Tone (OD) Push (ABS)	Day 20 <input type="checkbox"/> 20-Minute Walk	Day 21 <input type="checkbox"/> Tighten (OD) Strive (ABS)
Day 22 <input type="checkbox"/> Strengthen (OD) Fast (ABS)	Day 23 <input type="checkbox"/> 20-Minute Walk	Day 24 <input type="checkbox"/> Invigorate (OD) Fit (ABS)				

Streamline your mind, body & life.

Advanced

Day 1 <input type="checkbox"/> Speed (OD) Build (ABS)	Day 2 <input type="checkbox"/> Agility (OD) Burn (ABS)	Day 3 <input type="checkbox"/> Momentum (OD) Sculpt (ABS)	Day 4 <input type="checkbox"/> Accelerate (OD) Sizzle (ABS)	Day 5 <input type="checkbox"/> Burst (OD) Shred (ABS)	Day 6 <input type="checkbox"/> Blast (OD) Ripped (ABS)	Day 7 <input type="checkbox"/> 20-Minute Walk
Day 8 <input type="checkbox"/> Slimmer (OD) Tone (ABS)	Day 9 <input type="checkbox"/> Lean Out (OD) Define (ABS)	Day 10 <input type="checkbox"/> Dynamic (OD) Charge (ABS)	Day 11 <input type="checkbox"/> Torch (OD) Accomplish (ABS)	Day 12 <input type="checkbox"/> Tone (OD) Push (ABS)	Day 13 <input type="checkbox"/> Tighten (OD) Strive (ABS)	Day 14 <input type="checkbox"/> 20-Minute Walk
Day 15 <input type="checkbox"/> Strengthen (OD) Fast (ABS)	Day 16 <input type="checkbox"/> Invigorate (OD) Fit (ABS)					

Streamline your mind, body & life.

One Minute Abs

One Minute Abs Build

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Plank	20 seconds
Side Plank (R)	20 seconds
Side Plank (L)	20 seconds

One Minute Abs Burn

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Plank Jacks	20 seconds
Side Plank Hip Dips (R)	20 seconds
Side Plank Hip Dips (L)	20 seconds

One Minute Abs Sculpt

3 exercises
20 seconds of work without rest
Repeat 3 times

Exercise	Time
Plank Around the World (R)	20 seconds
Plank Around the World (L)	20 seconds
Plank Pike	20 seconds

One Minute Abs Sizzle

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Mountain Climbers	20 seconds
Mountain Climber Hops	20 seconds
Spider Plank	20 seconds

One Minute Abs Shred

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Across to Wide (R)	20 seconds
Standing Knee to Elbow	20 seconds
Across to Wide (L)	20 seconds

One Minute Abs Ripped

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Crabs	20 seconds
Pass Throughs	20 seconds
Swimmers	20 seconds

One Minute Abs Tone

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Criss-Cross	20 seconds
Extensions	20 seconds
Extensions with a V	20 seconds

One Minute Abs Define

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Dead Bugs	20 seconds
Tick-Tocks	20 seconds
Leg Lifts	20 seconds

One Minute Abs Charge

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Sitting Side Extensions (R)	20 seconds
Sitting Side Extensions (L)	20 seconds
Bicycles	20 seconds

One Minute Abs Accomplish

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Hip Bridge	20 seconds
Giant Leg Circles In	20 seconds
Giant Leg Circles Out	20 seconds

One Minute Abs Push

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Plank Shoulder Taps	20 seconds
Plank-Sphinx	20 seconds
Fast Mountain Climbers	20 seconds

One Minute Abs Strive

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
10 Count Up and Down	20 seconds
Superman	20 seconds
Donkey Hops	20 seconds

One Minute Abs Fast

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
High Knees	20 seconds
Tuck Jumps	20 seconds
Straight Leg Toe Touches	20 seconds

One Minute Abs Fit

3 exercises

20 seconds of work without rest

Repeat 3 times

Exercise	Time
Flow	20 seconds
Plank Hip Dips	20 seconds
Walk Outs	20 seconds