

FREE GUIDE + TRACKER

COACH MACK'S FULL ABS WORKOUT

UPPER • LOWER • OBLIQUES • FULL CORE

Four moves, every part of the midsection. The exact workout from the reel — with the reps, rounds, rest and a sheet you can print and fill in. No equipment: just the floor.

THE 4 MOVES — IN ORDER

01	Crunch	UPPER
02	Lying Leg Raise	LOWER
03	Bicycle Crunch	OBLIQUES
04	Mountain Climber	CORE

HOW IT RUNS

3 rounds of all four moves, **30–60 seconds** rest between moves. About 12 minutes. Page 4 is your sheet — print it and write your reps in pen.



01 CRUNCH

15-25 REPS



On your back, knees bent, boots flat. Fingertips lightly behind your head. Curl your **shoulders and upper back** off the floor by pulling your ribs toward your hips, pause, then lower all the way until your shoulders touch down.

#1 MISTAKE Yanking on the head — the neck does the work and the abs come along for the ride.

EASIER	Arms crossed on your chest, smaller curl.
HARDER	A two-second squeeze at the top.

40+ NOTE Keep a fist's space between chin and chest the whole time. If your neck tires before your abs, rest your head in your hands and let them carry its weight.



02 LYING LEG RAISE

10-15 REPS



Flat on your back, arms along your sides, palms down. Legs straight and together. Raise them to vertical, then lower slowly until your **boots hover just off the floor** — not touching — and lift again.

#1 MISTAKE Lower back arching off the floor as the legs come down — that's the hip flexors and spine taking over.

EASIER	Bend the knees to 90° (a bent-leg raise).
HARDER	A 3-count on the way down.

40+ NOTE Press your lower back into the floor before every rep. If it lifts, stop the lowering a few inches higher — the range grows as you get stronger.



03 BICYCLE CRUNCH

10-15 / SIDE



ELBOW TO OPPOSITE KNEE - TWIST

Shoulders off the floor, hands behind your head. Pull one knee in while the other leg straightens out low, and **rotate your ribcage** so the opposite elbow travels toward that knee. Switch sides in a steady pedal.

#1 MISTAKE Racing through it — flapping the elbows and kicking the legs while the torso barely turns.

EASIER	Keep the straight leg higher off the floor.
HARDER	Slow it to a two-count each side.

40+ NOTE The twist comes from the ribs, not the elbow. Shoulder blades stay off the floor for the whole set; rest between sets, not between reps.



04 MOUNTAIN CLIMBER

15-20 / SIDE



HIPS LEVEL - KNEES DRIVE IN

High plank: hands under shoulders, arms straight, body one line. Drive one knee toward your chest, then switch legs in a quick, steady run. **Hips stay level** with your shoulders the whole time.

#1 MISTAKE Hips piking up into the air to make room for the knees.

EASIER	Step the feet in one at a time, or hands on a chair seat.
HARDER	Faster — without letting the hips bounce.

40+ NOTE It comes last because it brings the heart rate up. Wrists complaining? Hands on a chair seat take the load off them.



WORKOUT
FULL ABS

ROUNDS
3

REST
30-60 SEC

PRINT ME

FULL ABS

UPPER · LOWER · OBLIQUES · FULL CORE · NO EQUIPMENT

TODAY'S DATE

WARM-UP

3 MIN · CHECK EACH OFF

☐ **30 seconds** — march in place or easy jacks

☐ **10** slow hip circles each way

☐ **20 seconds** — high plank hold

THE WORK

3 ROUNDS OF 4 MOVES · REST 30-60S BETWEEN MOVES

EXERCISE

ROUND 1

ROUND 2

ROUND 3

CRUNCHES

Shoulders up, then all the way down

GOAL

15-25

REPS

REPS

REPS

REPS

LYING LEG RAISES

Low back pressed down, boots hover

GOAL

10-15

REPS

REPS

REPS

REPS

BICYCLE CRUNCHES

Elbow to opposite knee, rotate the ribs

GOAL

10-15

PER SIDE

REPS

REPS

REPS

MOUNTAIN CLIMBERS

Hips level, knees drive in

GOAL

15-20

PER SIDE

REPS

REPS

REPS

NEXT TIME

Hit the **top of a range on all 3 rounds**? Next session, slow that move down — a pause or a 3-count. Can't reach the **bottom of a range**? Take its easier version and fill the range. Run this two or three times a week, with a day off between.

COOL-DOWN

2 MIN · HOLD EACH 20-30S · CHECK EACH OFF

☐ Cobra stretch

☐ Lying spinal twist

☐ Child's pose

WANT EVERY WORKOUT PLANNED FOR YOU?

This was **one** workout. The challenge maps out all 28 days.

The 28-Day Military Calisthenics Challenge is the full program this page came from. Every training day on its own printable sheet, your numbers already filled in for your age, and progression built in week by week.

20	TRAINING-DAY SHEETS	Mon-Fri x 4 weeks, reps filled in for your age bracket
34	MOVES IN THE FIELD GUIDE	How-to, #1 mistake, easier and harder for every one
1	NUTRITION GUIDE	Seven rules, no diet plan – a free bonus
5	DAYS A WEEK	15-20 minutes a day, weekends off, no gym



TAKE THE QUIZ – START YOUR CHALLENGE

CALISTHENICSCHALLENGE.ARMY

SCAN OR TAP – ONE-TIME PURCHASE, NO SUBSCRIPTION

“Military calisthenics” describes a training style. This is an independent program with no affiliation with, and no endorsement by, the U.S. Army, the Department of Defense, or any armed force. General fitness education, not medical advice – check with your doctor before starting, and stop any move that causes sharp or joint pain.

COACH MACK