

12-Week Ab Workout Plan

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Check out [article](#) for more info

Workout Summary

Program Duration	12 Weeks
Frequency	3 days a week
Workout duration	20-30 minutes/day
Training Type	Circuit Workout
Workout Level	Beginner to Advanced
Suitable for	Men and Women

Important tips that can help you use this core workout plan effectively:

- **Warm-up:** Doing warm-up exercises before any workout is crucial, including abs. You can do 2-3 minutes of [cardio workout](#) to increase your heart rate and oxygen flow. It will also help you improve your workout performance.
- **How to do exercises:** The exercises will be done in circuits in this workout program, meaning you'll do one exercise after another with little rest in between.
- **Numbers of rounds:** It depends on you. However, it's best to perform two to three rounds in every workout session to feel the work in your abs and obliques.
- **Rest between rounds:** You can take 2-5 minutes of rest between rounds so that you can give your best in each round.
- **Consistency matters:** It's a 90-day ab workout program, so it won't be easy to complete. But if you stay consistent and follow a proper diet, you'll see visible results.
- **Diet is crucial when it comes to achieving six-pack abs:** You can't have visible abs unless you have a low body fat percentage. So it's best to consume the right amount of macros depending on your body fat and fitness goal.

Related: [Can Beginners Do Abs Workouts?](#)

Ab Workout Schedule

Week 1

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15 seconds	No
Tabletop crunches	10 reps	15-sec
High Plank Toe Touches	15 seconds	15-sec
Alternate Heel Taps	10 taps/side	15-sec
Knee to inside elbow plank	15 seconds	30-sec
Mountain Climbers	30 seconds	30-sec
Russian Twist	15 seconds	30-sec
Forearm Front Plank	45-60 sec	15-sec
Side plank	20-sec/side	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Jumping Jacks	15-sec	–
High Knees	15-sec	15-sec
Reverse Crunches	15 reps	15-sec
Scissor Kicks	15-sec	15-sec
Russian Twist	15-sec	30-sec
Pulse up	10 reps	30-sec
Side Plank Hip Raise	10 reps/side	30-sec
Leg Raises	10 reps	30-sec
Knee to inside elbow plank	10 reps/side	30-sec
V-up crunches	10 reps	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
Bicycle Crunches	6 reps/side	15-sec
Flutter kick	10 reps/side	15-sec
Tabletop crunches	10 reps	15-sec
Leg Raises	10 reps	30-sec
Forearm Front Plank	45-60 seconds	30-sec
Bird Dog	30 seconds	30-sec
Tuck Ups	15 reps	45-sec
Plank jack	10 reps	45-sec
Knee to inside elbow plank	5 reps/side	45-sec

Week 2

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Inchworm	30 seconds	15-sec
V-Up Crunches	10 reps	30-sec
Side Plank Hip Raise	10 reps/side	15-sec
Crunches	15 reps	30-sec
Hollow Hold Crunches	10 reps	30-sec
Bird dog	30 seconds	30-sec
Crossbody Mountain Climber	15 seconds	30-sec

Side Plank Leg Raise	6 reps/side	30-sec
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Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Walking lunge with rotation	10 reps/side	15-sec
V-up crunches	10 reps	30-sec
Russian Twist	15 seconds	30-sec
Knee To Outside Elbow Plank	6 reps/side	30-sec
Side plank with a reach-under	10 reps/side	15-sec
Ab Roller	10 reps	30-sec
Cross-body mountain climber	30 seconds	30-sec
Leg Raise static Hold	15 seconds	30-sec
Windshield Wipers	6 reps/side	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
Hanging Knee Raises	20 reps	15-sec
Air Plunge	10 reps	15-sec
Tabletop crunches	10 reps	15-sec
Reverse Crunches	20 reps	30-sec
Front Plank	1-minute	30-sec
Single-Leg Tuck-up	10 reps/side	45-sec
Plank Jack	10 reps	45-sec

Hollow Body Crunch	10 reps	–
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Week 3

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Inchworm	15 seconds	15-sec
DB Overhead Standing Bend	10 reps	15-sec
Kneeling Cable Crunches	10 reps/side	15-sec
Forward Lunges with Rotation	15 reps	30-sec
Dumbbell Toe Touch Crunch	10 reps	30-sec
High To Low Cable wood Chop	10 reps/side	30-sec
Cross-body mountain climber	30 seconds	45-sec
Side Plank Leg Raise	10 reps/side	45-sec
Front Plank	1-minute	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Reverse Cable Crunches	15 reps	15-sec
V-up crunches	10 reps	15-sec
Russian Twist	10 reps	15-sec
Hanging Knee Raise	15 reps	30-sec
Side plank with a reach-under	10 reps/side	30-sec
Ab Roller	10 reps	30-sec

DB Side plank hip raise	10 reps/side	45-sec
Pull-up bar L hang	15 seconds	45-sec
Windshield Wipers	5 reps/side	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Plank Dumbbell Drag	5 reps/side	15-sec
Tabletop crunches	15 reps	15-sec
Bird Dog	5 reps/side	30-sec
Lying Cable Crunches	10 reps	30-sec
Weighted Plank	1-minute	30-sec
Single-Leg Tuck-up	10 reps/side	45-sec
Plank Jack	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Week 4

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Inchworm	15-sec x 2	15-sec
Lying DB Oblique Twist	10 reps	15-sec
Decline Cable Crunches	10 reps/side	15-sec

Landmine Oblique Twist	15 reps	30-sec
V-ups	10 reps	30-sec
Cross-body mountain climber	20-seconds	30-sec
Alternate Heel Taps	10 taps/side	45-sec
Ab Wheel Rollout	10 reps	45-sec
Front Plank	1-minute	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Reverse crunches	15 reps	15-sec
Flutter Kicks	15 seconds	15-sec
Russian Twist	15 seconds	15-sec
Hanging Knee Raise with a DB	10 reps	30-sec
Dumbbell Plank Rotation	6 reps/side	30-sec
Hanging Paddle Crunch	10 reps	30-sec
Dumbbell Side Plank Hip Lift	6 reps/side	45-sec
Cable Tuck Crunch	10 reps	45-sec
Windshield Wipers	10 reps	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Toes To Bar	10 reps	15-sec

Lying Cable Leg Raise	10 reps	15-sec
Bird Dog	5 reps/side	30-sec
Ab Wheel Rollout	10 reps	30-sec
Cable Tuck Crunch	10 reps	30-sec
Single-Leg Cable Crunch	10 reps/side	45-sec
Pullup bar L hang	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Week 5

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
DB Forward Lunges with Rotation	10 reps/side	15-sec
Dumbbell Sit-ups	10 reps	15-sec
Decline Cable Crunches	10 reps	15-sec
Weighted Russian Twist	10 reps	30-sec
Dumbbell Oblique Wipers	10 reps	30-sec
Cross-body mountain climber	10 reps	30-sec
Single-arm DB Toe Taps	10 reps	45-sec
Front Plank	1-minute	45-sec
Side Plank	20-sec/side	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
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Mountain Climbers	15-sec x 2	15-sec
Flutter Kicks	15 seconds	15-sec
Crossbody Mountain Climbers	20 seconds	15-sec
High Knees	20 seconds	15-sec
Hanging Knee Raise	15 reps	30-sec
Side plank with a reach-under	10 reps/side	30-sec
Hanging Paddle Crunch	10 reps	30-sec
Dumbbell Side Plank Hip Lift	10 reps/side	45-sec
Weighted Lying Leg Raises	10 reps	45-sec
Floor Windshield Wipers	10 reps	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
Dumbbell Reverse Crunches	10 reps	15-sec
Modified Cable Crunches	10 reps	15-sec
Hanging Dumbbell Knee Raise	10 reps	15-sec
Ab Wheel Rollout	10 reps	30-sec
Cable Tuck Crunch	10 reps	30-sec
Hanging Knee To Elbow	10 reps	30-sec
Pullup bar L hang	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Week 6

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
DB Forward Lunges with Rotation	10 reps/side	15-sec
Weighted Crunches	10 reps	15-sec
Decline Cable Crunches	10 reps	15-sec
Low to High Cable Woodchop	10 reps/side	30-sec
Hanging Leg Circles	10 reps	30-sec
Cross-body mountain climber	20 seconds	30-sec
Dumbbell Russian Twist	10 reps	45-sec
Single-arm DB Toe Taps	10 reps/side	45-sec
Front Plank	1-minute	45-sec
Side Plank	20-sec/side	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Flutter Kicks	10 reps	15-sec
Crossbody Mountain Climbers	10 reps	15-sec
Hanging Side Leg Raises	10 reps/side	15-sec
Hollow hold flutter kicks	20 seconds	30-sec
Side plank with a reach-under	20 seconds	30-sec
Hanging Paddle Crunch	20 seconds	30-sec
Dumbbell Side Plank Hip Lift	10 reps/side	45-sec
Weighted Lying Leg Raises	10 reps	45-sec

Floor Windshield Wipers	10 reps	–
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Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Pallof Press	10 reps	15-sec
Cocoons	10 reps	15-sec
Dead Bug Crunches	10 reps	30-sec
Ab Wheel Rollout	10 reps	30-sec
Butterfly Sit-Ups	10 reps	30-sec
Barbell Rollout	10 reps	45-sec
Pullup bar L hang	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Week 7

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Inchworm	20 seconds	15-sec
V-Up Crunches	10 reps	15-sec
Medicine Ball Mountain Climber	10 reps/side	15-sec
Crunches	15 reps	30-sec
Horizontal Cable Woodchop	10 reps	30-sec

Seated Knee Tucks	10 reps	30-sec
Plank Knee-To-Elbow	10 reps/side	45-sec
Landmine Oblique Twist	10 reps/side	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Walking lunge with rotation	10 reps/side	15-sec
Swiss Ball Plate Crunch	10 reps	15-sec
Boat Pose	15 seconds	15-sec
Low-Pulley Cable Side Bend	10 reps/side	30-sec
Side plank with a reach-under	10 reps/side	30-sec
Ab Roller	10 reps	30-sec
Cross-body mountain climber	30 seconds	45-sec
Dumbbell Side Plank Rotation	10 reps/side	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
Hanging Knee Raises	10 reps	15-sec
Air Plunge	10 reps	15-sec
Tabletop crunches	10 reps	15-sec
Reverse Crunches	10 reps	30-sec
Front Plank	1- minute	30-sec
Butterfly Sit-Ups	10 reps	30-sec

Single-Leg Tuck-up	10 reps/side	45-sec
Plank Jack	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Week 8

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Toes To Bar	10 reps	15-sec
Dragon Flag	6-8 reps	15-sec
Bird Dog	5 reps/side	30-sec
Ab Wheel Rollout	10 reps	30-sec
Cable Tuck Crunch	10 reps	30-sec
Single-Leg Cable Crunch	10 reps/side	45-sec
Pullup bar L hang	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Flutter Kicks	20 seconds	15-sec
Crossbody Mountain Climbers	20 seconds	15-sec
Hanging Side Leg Raises	10 reps/side	15-sec

Hollow hold flutter kicks	20 seconds	30-sec
Side plank with a reach-under	10 reps/side	30-sec
High Pulley Cable Side Bend	10 reps/side	30-sec
Dumbbell Side Plank Hip Lift	10 reps/side	45-sec
Extended Plank	1-minute	45-sec
Floor Windshield Wipers	10 reps	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Palof Press	10 reps	15-sec
Cocoons	10 reps	15-sec
Dead Bug Crunches	10 reps	30-sec
Ab Wheel Rollout	10 reps	30-sec
Butterfly Sit-Ups	10 reps	30-sec
Barbell Rollout	10 reps	45-sec
DB Side Plank Rotation	10 reps/side	45-sec
Hollow Body Crunch	10 reps	–

Week 9

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec

DB Forward Lunges with Rotation	10 reps/side	15-sec
Weighted Crunches	10 reps	15-sec
Decline Cable Crunches	10 reps	15-sec
Low to High Cable Woodchop	10 reps/side	30-sec
Dragon Flag	6-8 reps	30-sec
Cross-body mountain climber	30 seconds	30-sec
Low-Pulley Cable Side Bend	10 reps/side	45-sec
Single-arm DB Toe Taps	10 reps/side	45-sec
Weighted Hollow Hold	15 seconds	45-sec
Side Plank	20-sec/side	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Walking lunge with rotation	10 reps/side	15-sec
Swiss Ball Plate Crunch	10 reps	15-sec
Boat Pose	15 seconds	15-sec
Knee To Outside Elbow Plank	10 reps/side	30-sec
Side plank with a reach-under	10 reps/side	30-sec
Ab Roller	10 reps	30-sec
Cross-body mountain climber	30 seconds	45-sec
Leg Raise static Hold	15 seconds	45-sec
Windshield Wipers	6 reps/side	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
Hanging Knee Raises	10 reps	15-sec
Air Plunge	10 reps	15-sec
Tabletop crunches	10 reps	15-sec
Reverse Crunches	10 reps	30-sec
Front Plank	1-minute	30-sec
Weighted Hollow Hold	15 seconds	45-sec
Plank Jack	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Week 10

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Toes To Bar	10 reps	15-sec
Lying Cable Leg Raise	10 reps	15-sec
Bird Dog	5 reps/side	30-sec
Ab Wheel Rollout	10 reps	30-sec
Cable Tuck Crunch	10 reps	30-sec
Single-Leg Cable Crunch	10 reps/side	45-sec
Extended Plank	1-min	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Flutter Kicks	15 seconds	15-sec
Crossbody Mountain Climbers	15 seconds	15-sec
Hanging Side Leg Raises	10 reps/side	15-sec
Hollow hold flutter kicks	15 seconds	30-sec
Dumbbell Plank Rotation	10 reps/side	30-sec
Hanging Paddle Crunch	15 seconds	30-sec
Dumbbell Side Plank Hip Lift	10 reps/side	45-sec
High Pulley Cable Side Bend	10 reps/side	45-sec
Floor Windshield Wipers	10 reps	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Dragon Flag	10 reps	15-sec
Cocoons	10 reps	15-sec
Dead Bug Crunches	10 reps	30-sec
Ab Wheel Rollout	10 reps	30-sec
Sliding Knee Tuck	10 reps	30-sec
Barbell Rollout	10 reps	45-sec
Weighted Hollow Hold	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Week 11

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
DB Forward Lunges with Rotation	10 reps/side	15-sec
Weighted Crunches	10 reps	15-sec
Decline Cable Crunches	10 reps	30-sec
Low to High Cable Woodchop	10 reps/side	30-sec
Cross-body mountain climber	30 seconds	45-sec
Landmine Oblique Twist	10 reps/side	45-sec
Low-Pulley Cable Side Bend	10 reps/side	45-sec
Front Plank	60 seconds	15-sec
Side Plank	30-sec/side	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Walking lunge with rotation	10 reps/side	15-sec
Swiss Ball Plate Crunch	10 reps	15-sec
Boat Pose	15 seconds	30-sec
Knee To Outside Elbow Plank	10 reps/side	30-sec
Side plank with a reach-under	10 reps/side	30-sec
Ab Roller	10 reps	45-sec
Cross-body mountain climber	30 seconds	45-sec

Hanging Windshield Wipers	6 reps/side	45-sec
Low to High cable wood chop	6 reps/side	–

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
Hanging Knee Raises	10 reps	15-sec
Dragon Flag	6 reps	15-sec
Tabletop crunches	10 reps	30-sec
Reverse Crunches	10 reps	30-sec
Front Plank	60 seconds	30-sec
Bird Dog	10 reps/side	45-sec
Sliding Knee Tuck	10 reps	45-sec
Extended Plank	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Week 12

Monday – Upper Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Toes To Bar	8-10 reps	15-sec
Lying Cable Leg Raise	10 reps	30-sec
Bird Dog	5 reps, 5 seconds /side	30-sec

Ab Wheel Rollout	10 reps	30-sec
Cable Tuck Crunch	10 reps	45-sec
Single-Leg Cable Crunch	10 reps/side	45-sec
Weighted Hollow Hold	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Wednesday – Lower Abs and Oblique

Exercise	Reps/Time	Rest
Mountain Climbers	15-sec x 2	15-sec
Flutter Kicks	15 seconds	15-sec
Crossbody Mountain Climbers	15 seconds	15-sec
Hanging Side Leg Raises	10 reps/side	30-sec
Hollow hold flutter kicks	10 reps	30-sec
Side plank with a reach-under	10 reps/side	30-sec
Hanging Paddle Crunch	10 reps	45-sec
High Pulley Cable Side Bend	10 reps	45-sec
High to Low Cable wood Chop	10 reps	45-sec
Floor Windshield Wipers	6 reps/side	No

Friday – Upper and Lower Abs

Exercise	Reps/Time	Rest
Mountain Climber	15-sec x 2	15-sec
High Knees	15-sec x 2	15-sec
Pallof Press	10 reps	15-sec
Dragon Flag	5 reps	30-sec

Dead Bug Crunches	10 reps	30-sec
Ab Wheel Rollout	10 reps	30-sec
Butterfly Sit-Ups	10 reps	45-sec
Barbell Rollout	10 reps	45-sec
Sliding Knee Tuck	10 reps	45-sec
Hollow Body Crunch	10 reps	–

Related Core Exercises:

- [Top 7 Landmine Core Exercises To Sculpt Your Abs](#)
- [Advanced Ab Workout: 10 Best Exercises To Build Solid Core](#)
- [Triset For Abs: The Best Core Workout You've Ever Done](#)
- [Do The Best Ab Workouts At The Gym \(25 Exercises\)](#)
- [Calisthenics Ab Exercises \(The 10 Best Workout\)](#)
- [The Best Isometric Ab exercises to Build Strong Core](#)
- [Pull Up Bar Ab Workout: 10 Best Exercises For Ripped Abs](#)
- [16 Best Cable Machine Ab Workouts For Sturdy Core](#)
- [10-Minute Abs Workout That Requires no Equipment](#)
- [The Best HIIT Core Workout Routine with PDF](#)

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