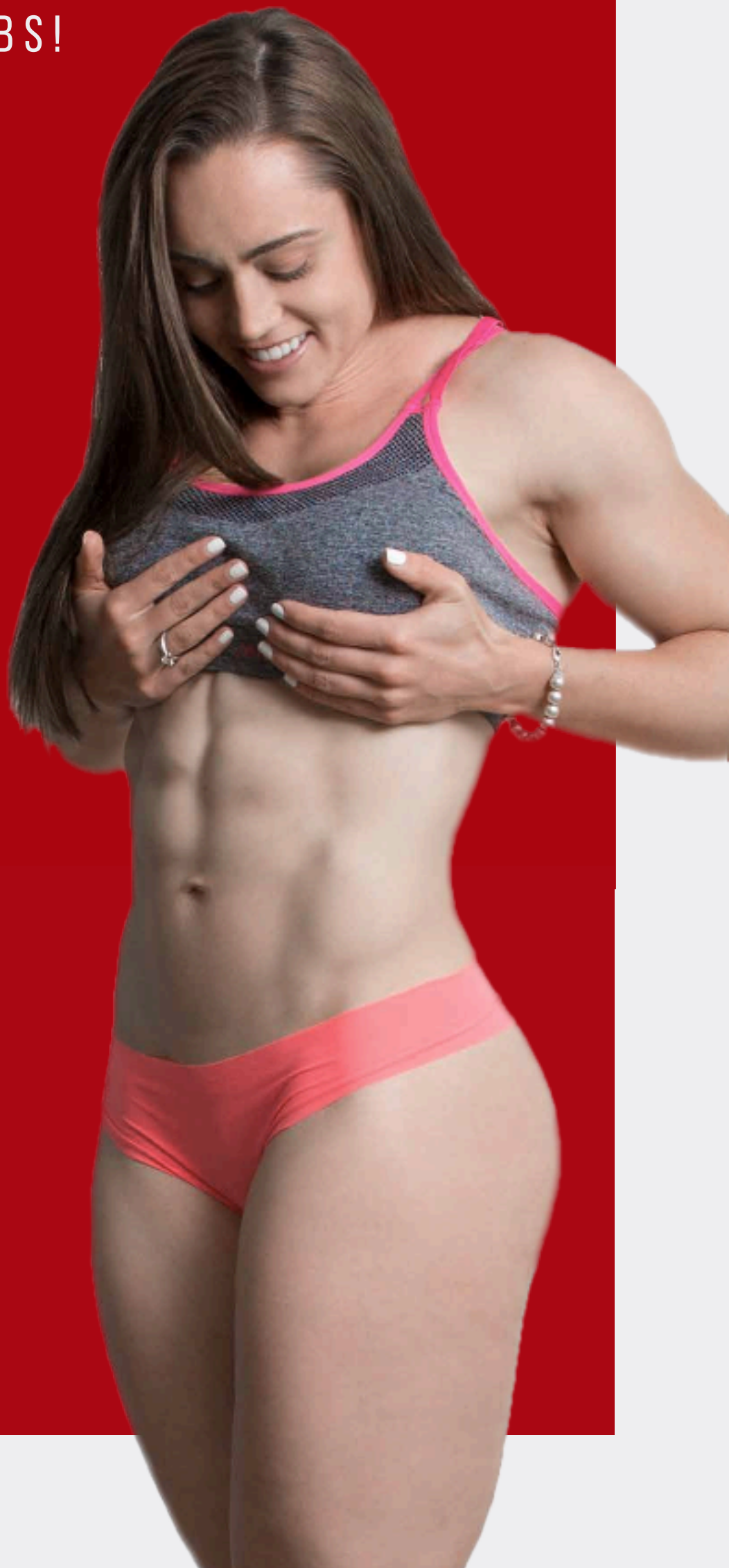


30 DAY ABS

WITH STEPH CAMPBELL

A DAILY, 5 MINUTE AB CIRCUIT TO
STABILIZE, STRENGTHEN, AND VISUALLY
IMPROVE YOUR ABS!



TFC
PERFORMANCE



WELCOME!

Thank you for your trust and investing your time in my program. 30 DAY ABS is designed to help you work at your comfort level to develop your core and abs strength.

At the end of this ebook you will find a small nutrition component with healthy meal ideas and recipes.

Let's do this!

Steph

WHAT TO EXPECT

LAYOUT

This program is a daily circuit-based plan intended to be used in addition to your existing training program. The program is designed to run for 30 days, with a new workout each day.

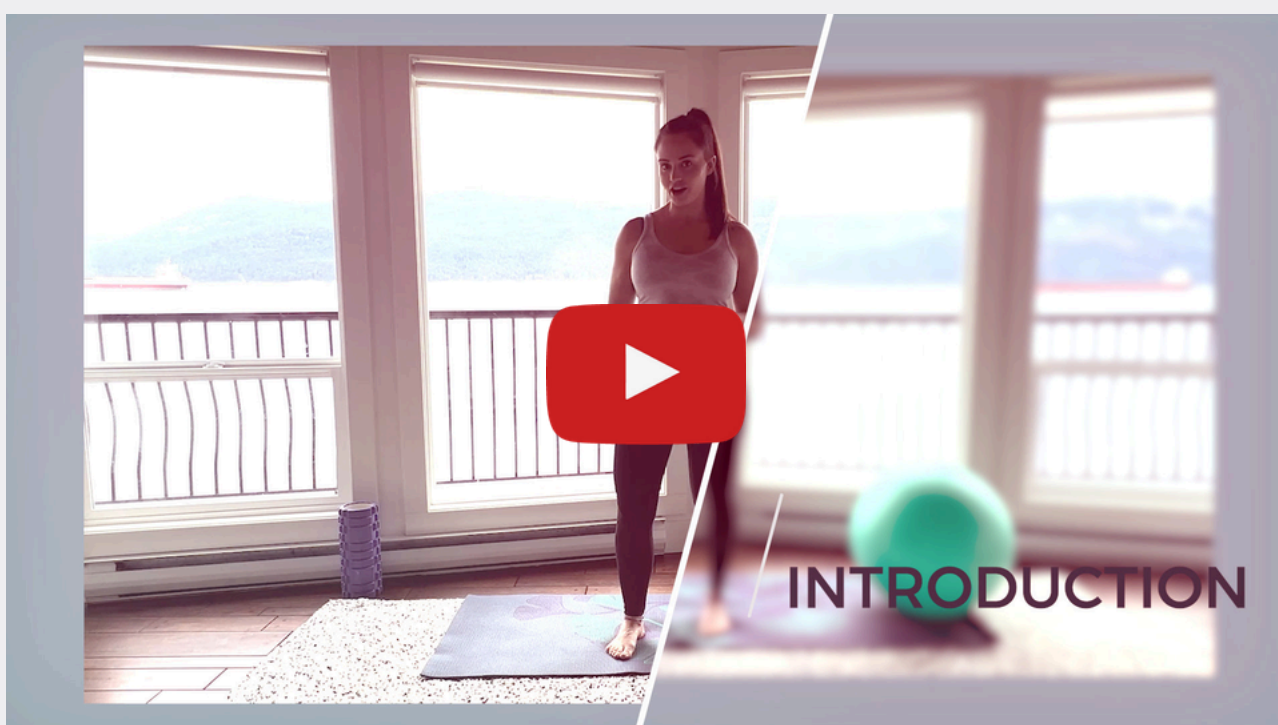
CIRCUITS

**Circuit Style!
Together we will do 50 seconds of exercise, followed by 10 seconds of rest. Then we jump to the next exercise until all five exercises are done!**

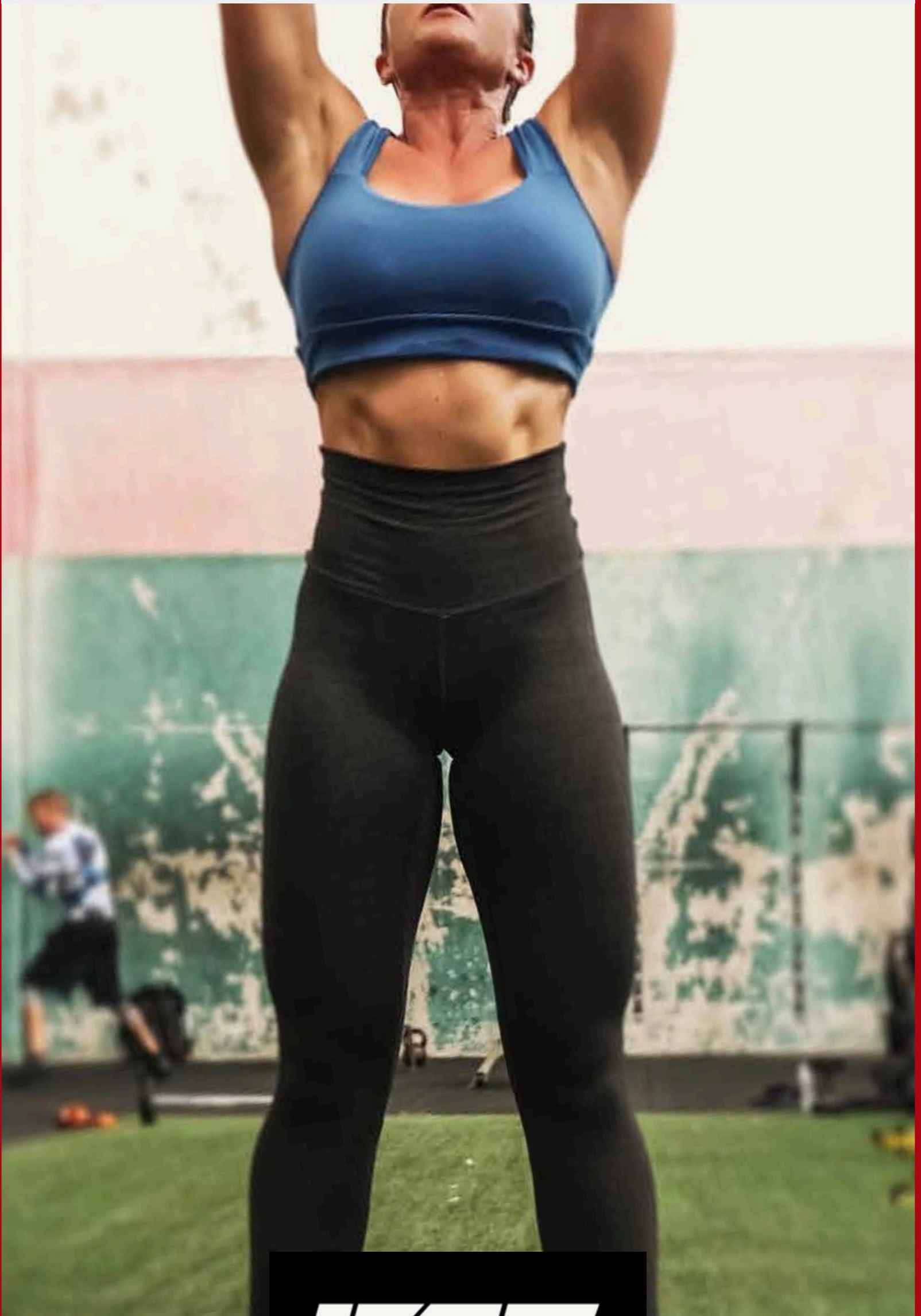
Challenge yourself by repeating the circuit two or three times in a row.

COMFORT

Do what you are comfortable with. You can follow all 30 days in a row, or rest every 3rd day, or find your own cadence. Whatever you like! The important thing is getting started.



LET'S GO



TFC
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30 DAY CALENDAR

USE THIS PAGE TO SELECT
YOUR DAILY AB WORKOUT AND
JUMP DIRECTLY THERE!

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

DAY
7

DAY
8

DAY
9

DAY
10

DAY
11

DAY
12

DAY
13

DAY
14

DAY
15

DAY
16

DAY
17

DAY
18

DAY
19

DAY
20

DAY
21

DAY
22

DAY
23

DAY
24

DAY
25

DAY
26

DAY
27

DAY
28

DAY
29

DAY
30!

DAY 1



Forearm Plank

V-Hold



Crunches



*50sec Exercise
10sec Rest*

Mountain Climbers



Lying Toe Touches



DAY 2



Rainbow Plank

V-Ups



Oblique Raises
(25s per side)



50sec Exercise
10sec Rest

Sit-Ups



Reverse Crunches
with Flutter Kicks



DAY 3



Hand-to-Forearm Plank

Hollow Rocks

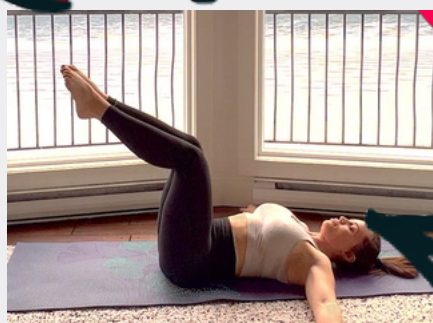


Mountain Climbers



50sec Exercise
10sec Rest

Windshield Wipers



Cross Body Crunches





DAY 4



Plank (legs on ball)

Lying Leg Raises (ball between feet)



Ball Crunches (reaching up)



*50sec Exercise
x
10sec Rest*

Ball Crunches (arms out)



Ball Crunches (side to side)



DAY 5



Reverse Crunches (legs on ball)

Oblique Raises (25s per side)



Russian Twists (with ball)



*50sec Exercise
x
10sec Rest*

Rainbow Plank

Lying Scissors



DAY 6



Bird Dog Crunches (side 1)



Bird Dog Crunches (side 2)



Half-to-Full Crunches



50sec Exercise
x
10sec Rest

Elbow-to-Knee Crunches



Lying Leg Raises with Thrusts



DAY 7

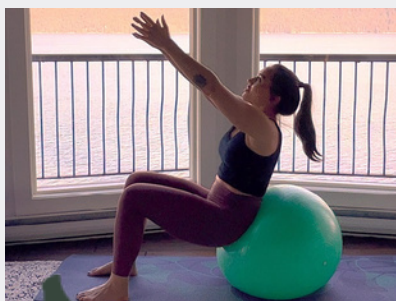


Knee-to-Elbow Plank

Ball Crunches



Single Leg Crunches



50sec Exercise
x
10sec Rest

Windshield Wipers with Extension

Russian Twists





YOU'VE GOT THIS



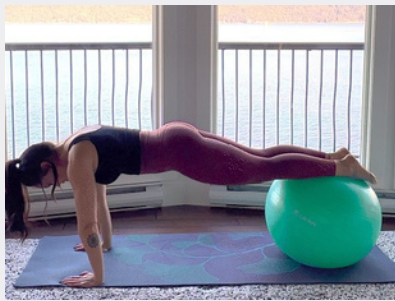
**THE BEST
PROJECT YOU
WILL EVER
WORK ON IS
YOU!**

DAY 8



Reverse Crunches (legs on ball)

Oblique Raises (side 2)



Forearm Plank



*50sec Exercise
x
10sec Rest*



Oblique Raises (side 1)

Lying Leg Raises (ball between feet)





DAY 9



High Knees

Hollow Rocks



Standing
Crunches

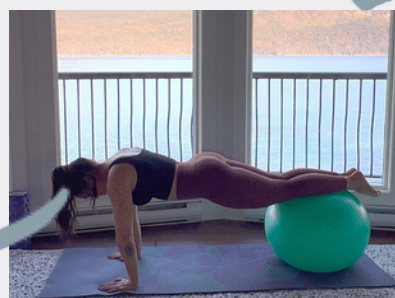


*50sec Exercise
10sec Rest*



Elbow-to-Knee
Sit-Ups

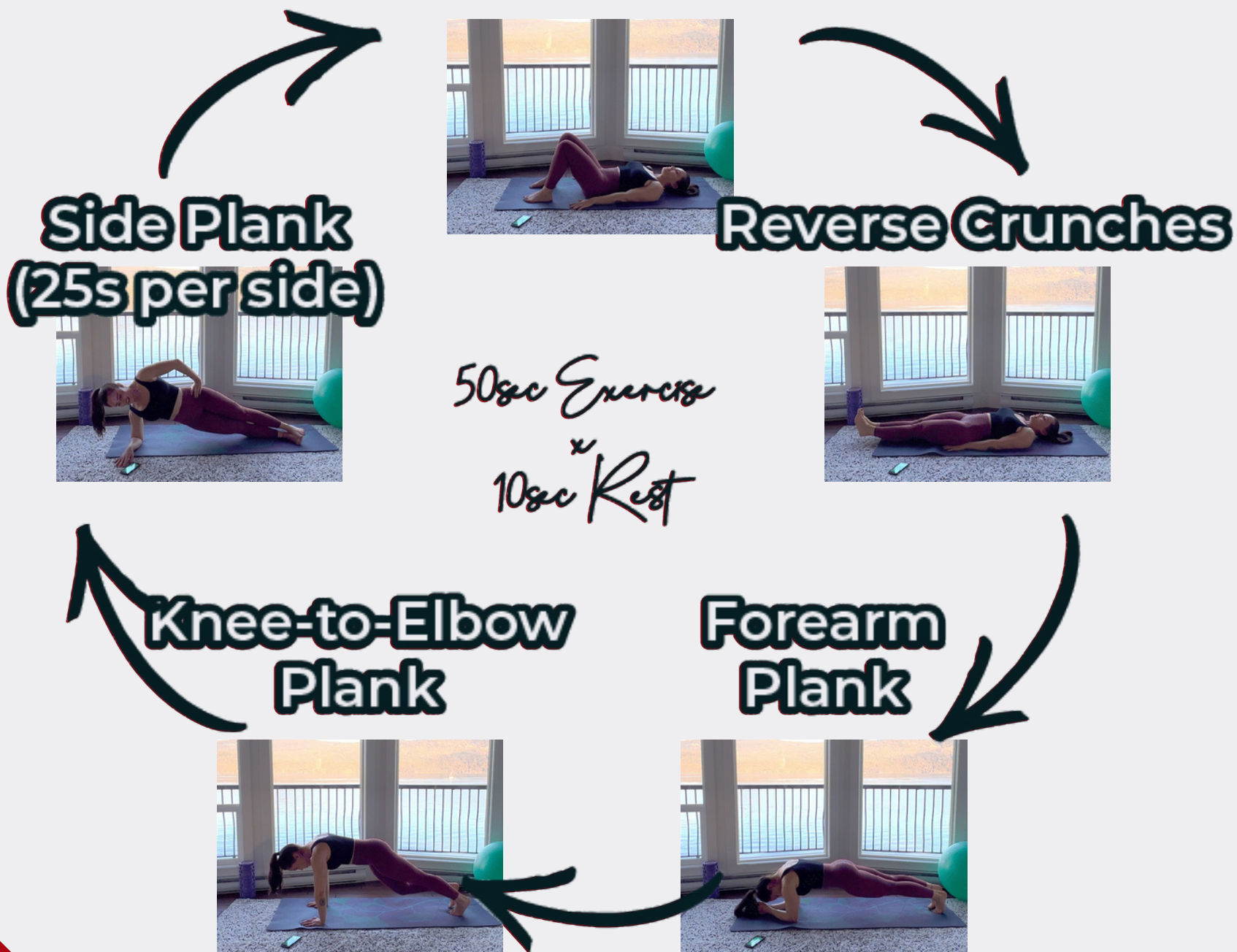
Ball
V-Ups



DAY 10



Lying Walk-Outs





DAY 11



Reverse Tabletop to Pike

Rainbow Plank



Flutter Kicks



50sec Exercise
x
10sec Rest



Ball Passes

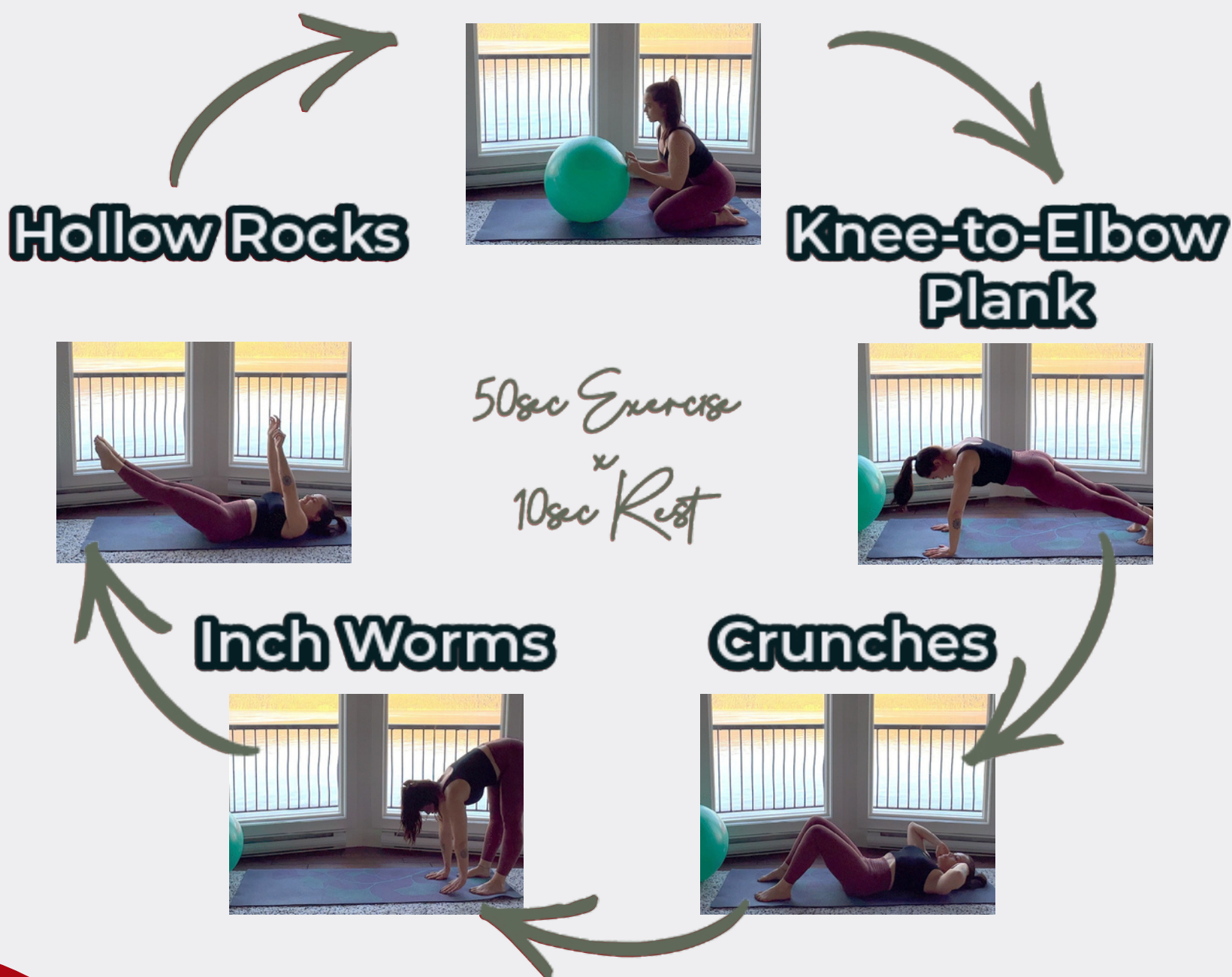
Ball Crunches



DAY 12



Ball Roll-Outs





DAY 13

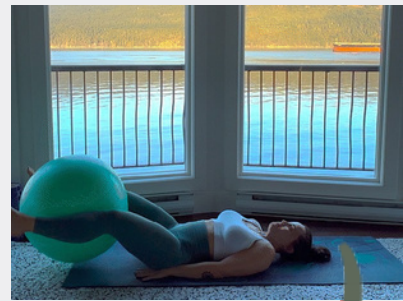


Plank (legs on ball)

Windshield Wipers with Extension

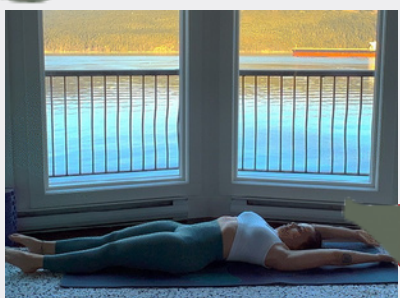


Lying Leg Raises with Thrusts

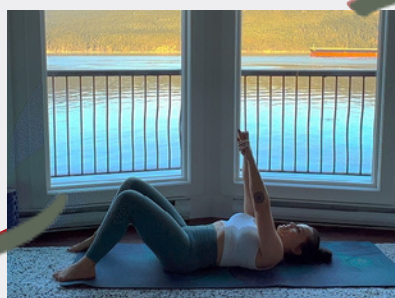


*50sec Exercise
x
10sec Rest*

Single Leg Crunches



Half-to-Full Crunches



DAY 14



Swivel Crunches (legs around ball)

Mountain
Climbers

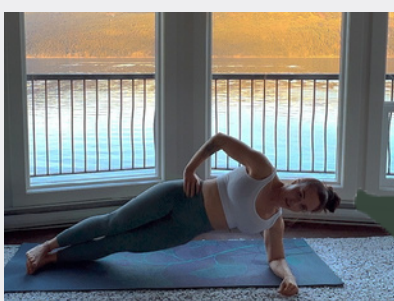


Ball Passes

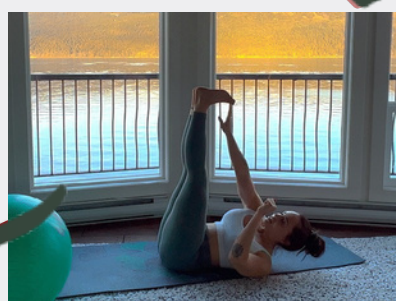


*50sec Exercise
x
10sec Rest*

Side Plank
(25s per side)



Lying Toe
Touches



KEEP GOING

**IT'S NOT
ALWAYS
EASY,
BUT IT'S
ALWAYS
WORTH IT**

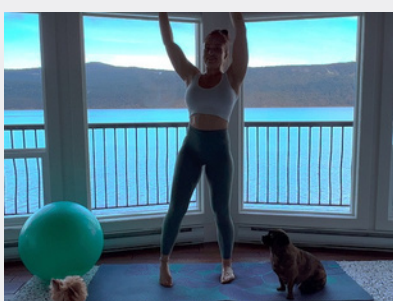
TFC
PERFORMANCE

DAY 15



Standing Crunches

Ball Roll-Outs



Ball Crunches (reaching up)



*50sec Exercise
x
10sec Rest*



Ball Crunches (arms out)



Ball Crunches (side to side)



DAY 16



Reverse Crunches with Flutter Kicks

Bicycle Crunches



V-Hold or V-Ups



*50sec Exercise
10sec Rest*

Lying Leg Raises with Thrusts



Hand-to-Forearm Plank

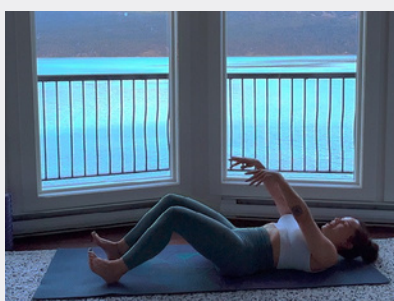
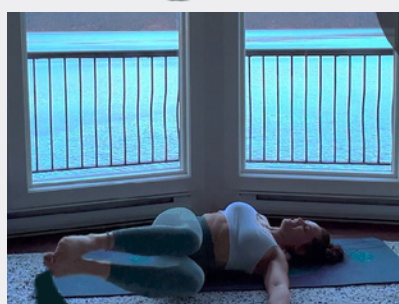


DAY 17

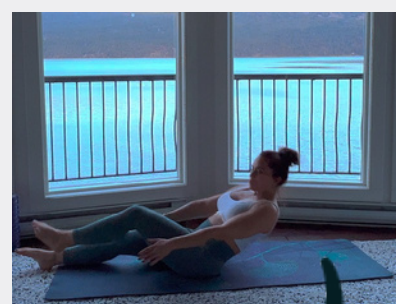


Sit-Ups

Windshield
Wipers

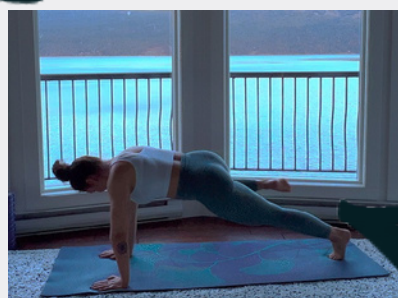


Single Leg
Crunches

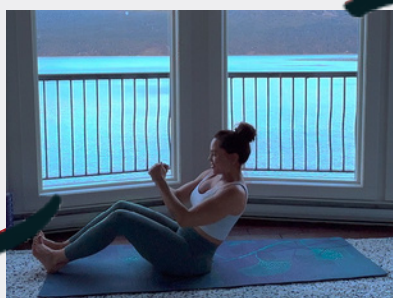


50sec Exercise
10sec Rest

Knee to Same
Elbow Plank



Russian
Twists





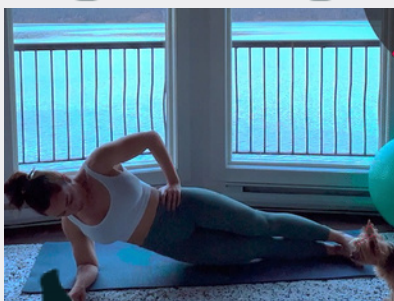
DAY 18



Reverse Crunches (legs on ball)



Oblique Raises (side 2)

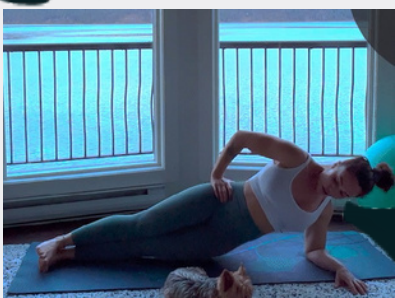


Forearm Plank



50sec Exercise
x
10sec Rest

Oblique Raises (side 1)



Lying Walk-Outs



DAY 19



**Mountain Climbers
(forearm on ball)**



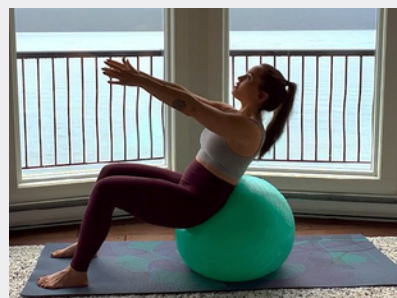
**Plank
(forearm on ball)**



**Lying
Scissors**



**Ball Crunches
(no rest - 1:50 min straight!)**



DAY 20



**Reverse Tabletop
to Pike**

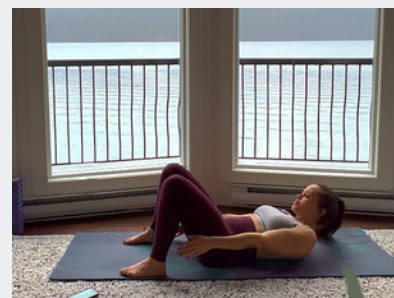
**Half-to-Full
Crunches**



Oblique Reaches

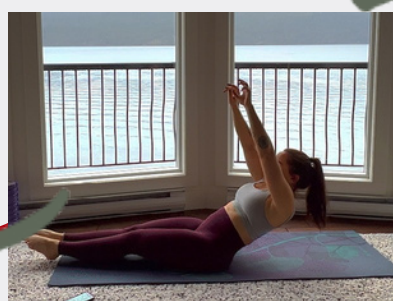
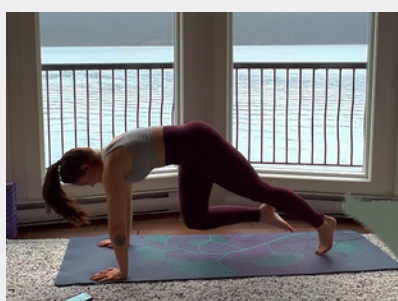


*50sec Exercise
x
10sec Rest*



**Mountain
Climbers**

**Hollow
Rocks**



DAY 21



Plank on Ball and 5 Push-Ups

**Bicycle
Crunches**



**Lying Leg Raises
with Thrusts**



*50sec Exercise
x
10sec Rest*

Crunches



**Flutter
Kicks**



YOU'RE KILLIN' IT!

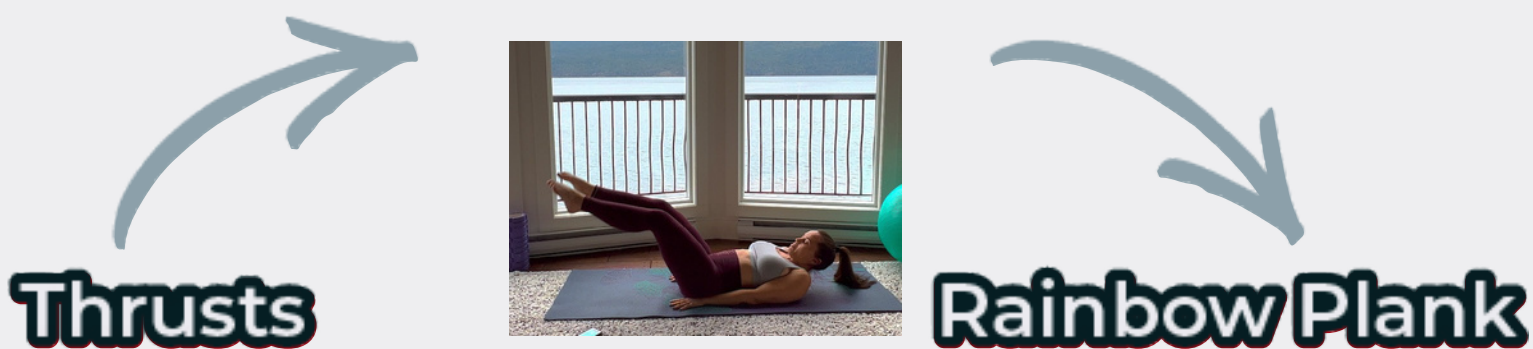
**PLANS
DON'T
WORK
UNLESS
YOU DO.**

TFC
PERFORMANCE

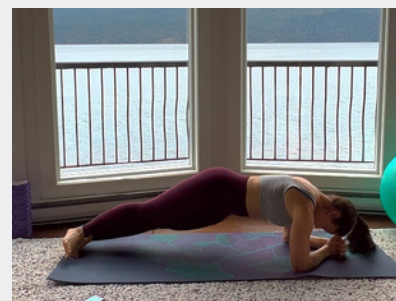
DAY 22



Toe Taps

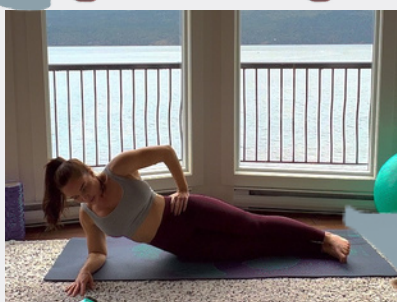


*50sec Exercise
10sec Rest*



Oblique Raises (side 2)

Oblique Raises (side 1)



DAY 23

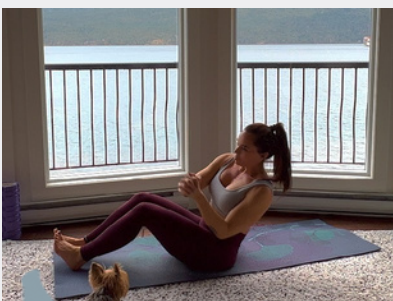
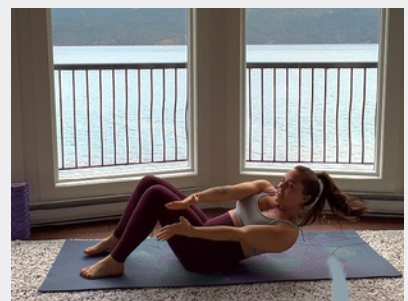


Knee-to-Elbow Plank

Russian Twists



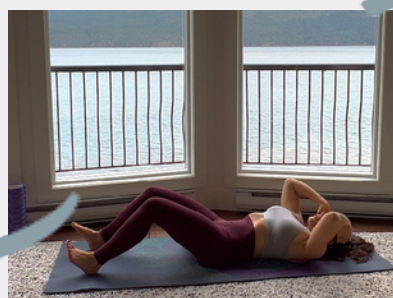
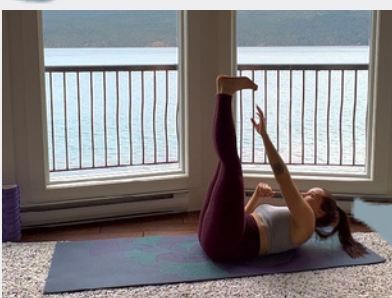
Cross Body Crunches



50sec Exercise
10sec Rest

Lying Toe Touches

Elbow-to-Knee Sit-Ups



DAY 24





DAY 25



High Knees

**Plank
(legs on ball)**



Burpees



*50sec Exercise
x
10sec Rest*

**Mountain
Climbers**



**Reverse
Burpees**



DAY 26



**V-Hold
or V-Ups**



**Side Plank
(25s per side)**



**Half-to-Full
Crunches**



*50sec Exercise
x
10sec Rest*

**Hand-to-Forearm
Plank**



**Russian
Twists**





DAY 27



Ball Crunches

Knee to Same Elbow Plank



Crunches (feet on ball)



*50sec Exercise
x
10sec Rest*

Reverse Crunches



Flutter Kicks



DAY 28



Reverse Crunches (legs on ball)

Toe Taps



Plank
(forearm on ball)



*50sec Exercise
x
10sec Rest*

Lying Toe
Touches



Lying Leg Raises
with Thrusts



2 MORE DAYS!

**DON'T
STOP
UNTIL
YOU'RE
PROUD.**

TFC
PERFORMANCE

DAY 29



**Standing
Crunches**



Inch Worms



**Oblique Raises
(side 2)**



*50sec Exercise
10sec Rest*

**Oblique Raises
(side 1)**



**Rainbow
Plank**





DAY 30



Russian Twists

**100 Ball
Crunches!**



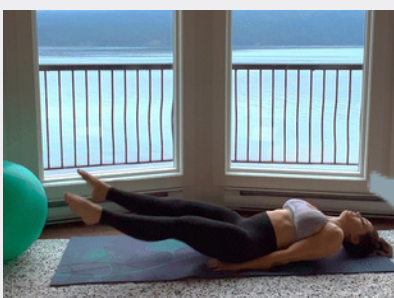
Hollow Rocks



*50sec Exercise
10sec Rest*

**Lying
Scissors**

**Forearm
Plank**



CONGRATS!

You've done an awesome job completing 30 days of abs!

I hope you see results you are proud to show off. Tag me on the 'gram so I can show you off too!

One more section before you go...

Nutrition is the most important part of finding and keeping your abs. I've added a few of my favorite meals on the following pages.

Let's keep going!

Steph

MEAL 1



TUMERIC SMOOTHIE

INGREDIENTS

- 1 serving collagen or plant-based protein powder
- 1 frozen banana, peeled & sliced before freezing
- 2 tbsp flaxseed meal
- 2-4 tsp ground tumeric powder, to taste
- Unsweetened non-dairy milk, adjusted for consistency
- Ice, adjusted for consistency

DIRECTIONS

1. Blend all ingredients in a blender, adding ice or milk as needed to adjust consistency.
2. Enjoy!





MEAL 1

BREAKFAST VEGGIE FRITTATA

INGREDIENTS

- 4 whole eggs
- 4 egg whites
- 1/4 cup unsweetened non-dairy milk
- 6 tbsp parmesan cheese, optional
- 1 tbsp garlic powder
- 1/2 cup diced zucchini
- 1/2 cup diced bell pepper
- 2 tbsp gluten-free breadcrumbs
- Sea salt and pepper

DIRECTIONS

1. Preheat oven to 400°
2. Whisk together eggs, egg whites, and milk
3. Add cheese, garlic powder, and salt
4. Mix in zucchini and bell peppers
5. Grease 5x8 rounded baking pan
6. Pour mixture into pan
7. Sprinkle breadcrumbs, add salt and pepper
8. Bake for 20 minutes
9. Allow to cool slightly before slicing
10. Enjoy!



MEAL 2



BUFFALO TEMPEH TENDERS

INGREDIENTS

- 1/2 cup unsweetened, non-dairy milk
- 1, 8oz. tempeh pack
- 1/2 cup buffalo sauce
- 1 cup gluten-free panko breadcrumbs
- 2 tbsp gluten-free all-purpose flour
- 1/4 cup nutritional yeast
- 1 tsp paprika
- 1 tsp garlic
- Sea salt and black pepper

DIRECTIONS

1. Cut tempeh into 1-1.5" tenders
2. Dip tempeh in milk
3. Transfer tempeh into deep bowl and cover in buffalo sauce
4. Marinate for 1 hour in the fridge
5. Preheat oven to 400°
6. Shake excess sauce from tempeh, reserving the sauce
7. Place dry ingredients in separate bowl and coat tempeh
8. Line baking sheet with parchment paper
9. Place tenders on parchment and bake for 10-15 minutes, flipping halfway through until golden brown
10. Drizzle remaining buffalo, garnish, and enjoy!



MEAL 2

WILD RICE SUMMER SALAD

INGREDIENTS

- Iceberg and romaine lettuce
- 1/2 cup cooked jasmine rice
- 1 can wild albacore tuna or Alaskan salmon
- 1/2 cup chickpeas
- 1/2 cup diced celery
- 1/4 cup shredded carrots
- 1/2 cup roasted corn
- 1/2 cup tricolor tomatoes, halved
- 1/2 cup cucumber, halved & sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Sea salt and black pepper

DIRECTIONS

FOR SALAD

1. Cook your rice according to package directions
2. Drain and rinse tuna
3. Drain and rinse chickpeas
4. Defrost frozen corn
5. Prepare and chop veggies
6. Toss all ingredients in a medium sized bowl

FOR DRESSING

1. Combine and whisk olive oil and lemon juice
2. Whisk in garlic powder and Italian seasoning
3. Add salt and pepper to taste
4. Pour over salad
5. Enjoy!

MEAL 3



LENTIL PASTA STIR FRY

INGREDIENTS

- 1 serving lentil spaghetti
- 1 tbsp sesame oil
- 2-3 tbsp liquid aminos
- 1 tsp harissa paste (optional for spice)
- 2 medium carrots
- 2 baby bok choy
- 1 handful kale
- 1 handful spinach
- Sprinkle of green onion

DIRECTIONS

1. Cook pasta according to box directions
2. Begin to sauté carrots in sesame oil and liquid aminos (start with carrots as they take the longest)
3. Sauté the remaining veggies
4. Mix in your pasta and add the harissa paste (optional if you like spicy)
5. Garnish with green onion
6. Enjoy!



MEAL 3

SLOW COOKER MEXICAN FAJITA BOWL

INGREDIENTS

- 8oz. raw chicken breast
- 1 cup mild salsa
- 1 medium red onion
- 2 medium bell peppers
- 1/2 cup raw quinoa
- 1/2 cup canned black
- 1/4 cup pre-made guacamole
- 3 tbsp olive oil
- Sea salt

DIRECTIONS

1. Preheat oven to 375°
2. Prep and slice onion into fajita style strips
3. Place chicken in slow cooker with salsa on low for 6 hours
4. Roast whole peppers in oven for ~40 min until skin is well done
5. Let peppers cool and peel once cooled
6. In a bowl, pull apart peppers into fajita slivers and set aside
7. Cook 1/2 cup raw quinoa according to package
8. Sauté onion in medium size skillet over medium heat with olive oil
9. Rinse and drain black beans
10. Assemble in order: quinoa, black beans, veggies, chicken, guac, olive oil, salt



YUMMY SNACKS!



Handful of
Mixed Nuts



Veggies
with Hummus



Avocado and
Hemp Seeds



Unsweetened Coconut
or Greek Yogurt
with Hemp Seeds,
Blueberries,
and Cinnamon



Chia Seed Pudding
(soak chia seeds in non-dairy
milk overnight, add fresh
berries and cinnamon)

