

Flat Stomach Workout Planner

Day	Workout Routine
Monday	Flat Stomach Workout (Plank, Bicycle Crunches, Leg Raises, Russian Twists, Mountain Climbers, R
Tuesday	Light Cardio (Brisk walk, cycling, or skipping)
Wednesday	Flat Stomach Workout
Thursday	Light Cardio
Friday	Flat Stomach Workout
Saturday	Light Cardio or Yoga
Sunday	Rest & Stretching

Notes:

- ✓ Stay hydrated (3–4 liters water daily).
- ✓ Focus on high-protein, low-sugar meals.
- ✓ Aim for consistency, not perfection.