

10 Simple Lower Ab Workouts Planner

Exercise	Reps / Time
1. Leg Raises	12–15 reps
2. Reverse Crunches	12–15 reps
3. Scissor Kicks	30 seconds
4. Flutter Kicks	30 seconds
5. Bicycle Crunches	12 reps each side
6. Mountain Climbers	30 seconds
7. Heel Taps	12–15 reps
8. Plank with Hip Dips	20 dips
9. V-Ups	10–12 reps
10. Dead Bug	12 reps each side

Weekly Planner

Day	Routine
Monday	Lower Ab Workout (all 10 exercises)
Tuesday	Light Cardio (walk, cycling, or skipping)
Wednesday	Lower Ab Workout
Thursday	Yoga or Stretching
Friday	Lower Ab Workout
Saturday	Cardio + Core Stretching
Sunday	Rest

Notes:

- ✓ Perform 2–3 rounds of the 10 lower ab workouts for best results.
- ✓ Focus on controlled movements, not speed.
- ✓ Pair with a balanced diet to reduce belly fat faster.