



THE SCULPTED *vegan*

ULTIMATE 28DAYABS

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U L T I M A T E 28DAYABS

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INTRODUCTION

Hey there, athlete!

My name is Kim Constable, and I am the CEO and Founder of *The Sculpted Vegan*, now the world's largest online vegan bodybuilding company. I am utterly delighted that you have chosen my company to help you achieve your ab-sculpting goals! One of the most common complaints I see from women in the private groups is that they really struggle with how their stomach looks. I would go as far as saying some hate their stomach by the wording they use - jelly belly, mum tum, spare tyre, or fat gut. They despair, and feel they have tried everything, but nothing's worked to give them the abs they desire. They just want to lose the fat around their belly button, see a little bit of definition, and feel amazing in a bikini. Heck, they want to feel good about simply shopping for a new bikini! The great news is that you already have a six-pack. But, if you can't see it, it is most likely a matter of weak abdominal muscles and body fat hiding whatever muscle you do have. This program is your opportunity to unveil it.

At *The Sculpted Vegan*, we create programs that get maximum results in the quickest time possible, and this plan is no exception. Ultimate 28-day Abs is the exact system of how to get the strongest, most sculpted core in

just 28-days, and in only eight-minutes a day. No matter your age, number of kids, c-section or hysterectomy scars. Know this, it's not "too late". With options to modify for every move, no injury or lack of experience will stop you from having the body you dream of. These live eight-minute workouts can be performed from the comfort of your living room floor, or at the end of your gym session. No equipment needed. Ultimate 28-day Abs is for you if you want to look your best for vacation, the summer season, or simply rock chiseled abs all year round. Get excited to have a flat stomach and the rockin' confidence that comes with it. My team of experienced coaches and I will be with you during your journey. So if you haven't already joined our Private Facebook Community, [click this link to join](#). And don't forget to share your journey on Instagram by tagging [@thesculptedveganprograms](#) and using the hashtag #svultimate28dayabs

I wish you luck in this ab challenge and thank you once again for trusting me to help you build your body and achieve your dreams. Now, all you need to do is grab a mat and some kick-ass motivation. You're going to love this quick, effective, but intense program!

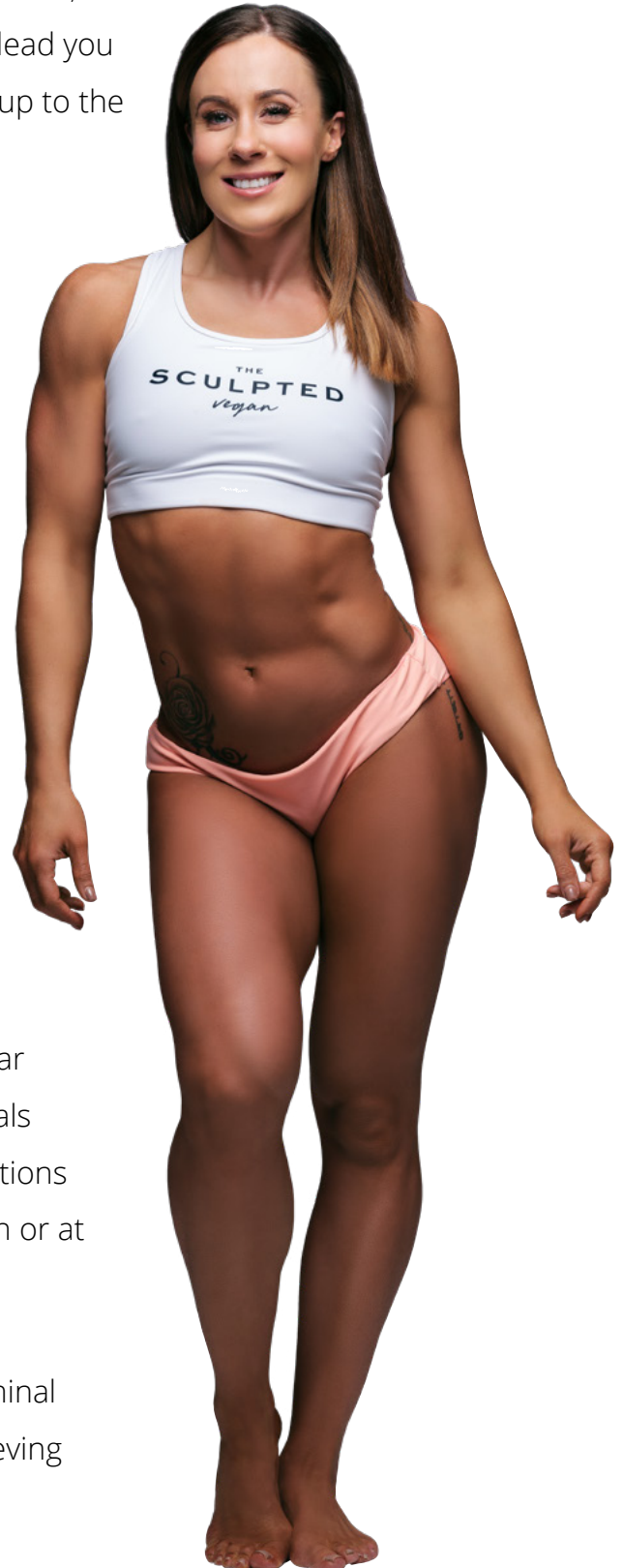
Love,
Kim xo

HOW DOES THIS PLAN WORK?

Ultimate 28-Day Abs is all you need to achieve strong and sculpted abs in 28-days and only eight-minutes per day. While every one of my training programs engages and strengthens the core, I understand that you want to do more specific ab-focused work and feel that deep ab burn. For the next 28-days, a top, award-winning competition athlete, pilates instructor, and ex-gymnast becomes your personal trainer. Laura Hutchinson, Head Trainer of The Sculpted Vegan and slayer of belly fat, will lead you through a gut-busting workout (with levels for beginners up to the most advanced trainers).

Six times a week, Laura will be coaching you through an eight-minute follow-along, body-weight workout that can be performed anywhere with no equipment. She has used her many years of experience in helping thousands of women sculpt their dream bodies to create these ab-building routines to help you get maximum results in minimum time. The exercises are tough and require a lot of control and focus to perform effectively. If you feel your abdominal wall is weak to begin with, these exercises will prove particularly challenging at the start. But this is what this program is designed for; to help you become stronger! These intense ab workouts have been designed to be performed in addition to your regular strength training program, not instead. As your abdominals grow stronger, aim to progress to the more advanced options of each exercise. You can perform the workout on its own or at the end of ANY workout.

If you want visible shredded abs, the reality is that abdominal exercises **are not** the biggest contributing factor to achieving them but overall reduction of body fat is.



If you are someone who is carrying excess body fat, a good combination approach would be to get closer to a lower body fat percentage and improve your abdominal strength at the same time. If you want visible abs, then I do warn you that they don't tend to be visible in women until around 14-17% body fat and for shredded six-packs it tends to be 10-13% body fat. I suggest that if you are chasing visible, shredded six-pack abs then use this program in conjunction with a **four-week meal plan** for optimal results.



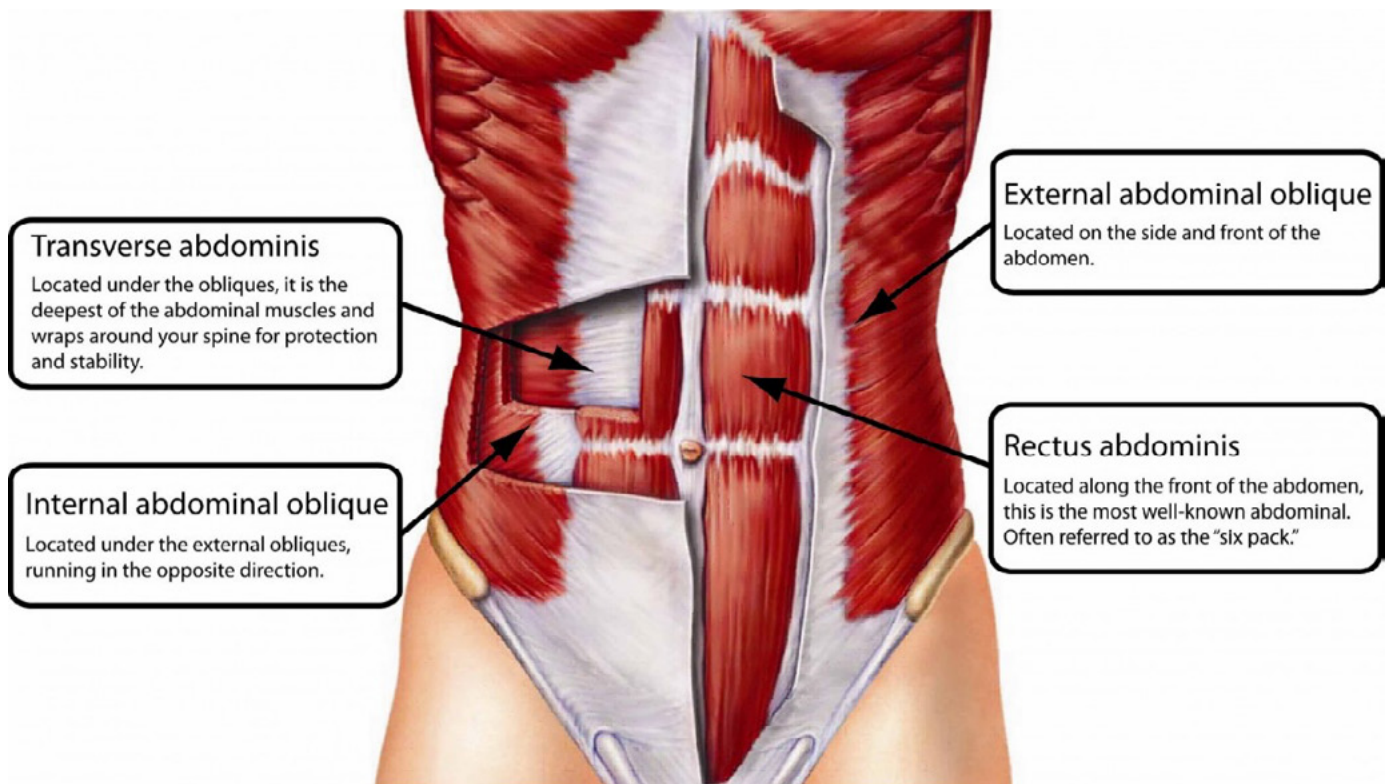
Despite lower body fat being the secret to shredded abs, stronger abdominals have many benefits; they are going to provide you with more stability in your training sessions and help prevent injury. A strong core also improves your posture and strengthens your pelvic floor muscles. It is important to appreciate their function and not just the way they look. Whether you feel like you have a 'Jelly Belly' or you are chasing the elusive 'six pack', we can still lay down the foundations for sculpted abs to shine through. I must warn you, these exercises will burn like hell, but anyone can do something hard for eight-minutes. Get to it athlete!



TRAINING OVERVIEW

TRAINING OVERVIEW

The abdominal muscles are made up of a majority of slow-twitch, type 1 muscle fibers, which respond best to time under tension exercises. We are going to use the principles of metabolic stress to create this sustained contraction-style training. Each eight-minute workout will consist of a combination of transverse abdominis, rectus abdominis and oblique exercises. These ab exercises have been specifically selected as they are scientifically proven to cause high levels of abdominal activation.



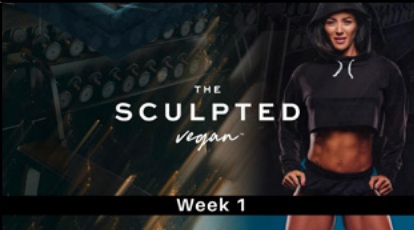



METABOLIC STRESS

Metabolic stress is a "feel the burn" type of stimulus and how you will be training in this program. The key is to keep constant tension on the muscle - never allowing yourself to stop the reps to take a break - until you have reached utter failure and the burning sensation is too powerful to continue. What causes that burning sensation? Lactic acid. Lactic acid is released into the muscle during the short and fast reps. This type of training produces cellular swelling that pumps the muscle up, but it doesn't cause a huge amount of muscle damage. This allows you to train the muscles more frequently without being sore in the following days. You will feel the sorest during the actual workout, but once it's over, you won't feel much.



TRAINING STRUCTURE

Over the next 28-days, you will perform the eight-minute follow-along workouts **six times a week.**

Click on the weekly playlist to find your daily Ultimate 28 Day Abs workouts	
ULTIMATE 28 DAY ABS WEEK 1 PLAYLIST	
ULTIMATE 28 DAY ABS WEEK 2 PLAYLIST	
ULTIMATE 28 DAY ABS WEEK 3 PLAYLIST	
ULTIMATE 28 DAY ABS WEEK 4 PLAYLIST	

In total, **twenty-four workouts** will be coached by Head Trainer Laura. Each workout was previously recorded live, providing variation in coaching explanation and fresh motivation for each session. The weekly training plan is programmed to target each section of the abdominal muscles daily. Both the exercise variation, as well as training with metabolic stress mean that you can perform the workouts six days in a row. You will have one rest day a week, which I suggest you take on Sunday.

Each **eight-minute follow-along session** will consist of body weight, no equipment exercises. Each workout is designed to be a circuit. Perform each exercise once with as many repetitions as you can in sixty seconds. Complete each exercise back to back with no rest. These exercises have been specifically selected for maximum ab activation. These workouts will prove particularly challenging at the start, beginner to advanced options will be given throughout the workout. This is what this program is designed for, to help you become stronger! As your abdominal strength and endurance grow over the next 28-days, aim to progress to the more advanced options of each exercise.

TRAINING NOTES

- **EIGHT EXERCISES IN EIGHT MINUTES** - The workouts in this program are short intense circuits consisting of eight 60 seconds ab exercises.
- **SETS** - Perform one set of each exercise for 60 seconds each.
- **REPS** - Perform as many repetitions of the exercise as you can in the 60 seconds.
- **TAKE NO REST** - Perform each exercise back to back aiming for no rest to minimal rest between exercises.
- **CHOOSE YOUR OPTION** - Laura will demonstrate beginner to advanced options. Choose the option that best suits your level of fitness, and aim to progress as the weeks go on.
- **MAXIMUM RESULTS** - This program is designed to be performed in addition to your regular strength training routine, not instead.

Can you perform this workout for more than one round? Yes of course! It is only eight-minutes, so if you wish to perform a longer ab workout and perform the workout multiple times, go for it!

ULTIMATE 28DAYABS

WORKOUT SCHEDULE

WK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<ul style="list-style-type: none"> • BASIC CRUNCH • SINGLE LEG STRETCH • FOREARM PLANK • RIGHT ALTERNATE CRUNCH • LEFT ALTERNATE CRUNCH • REVERSE SIT-UP • SCISSORS • BICYCLE 	<ul style="list-style-type: none"> • EXTENDED ARM CRUNCH • SINGLE LEG HUG • TABLE TOP • RIGHT SIDE PLANK • LEFT SIDE PLANK • ROPE CLIMBER • SCISSOR HUG • MOUNTAIN CLIMBER 	<ul style="list-style-type: none"> • TABLE TOP CRUNCH • SINGLE LEG HUG • MUSCLE-UP PLANK • RIGHT ALTERNATE CRUNCH • LEFT ALTERNATE CRUNCH • TUCK HOLD • SCISSOR HUG • BICYCLE TWIST 	<ul style="list-style-type: none"> • REVERSE SIT-UP • DOUBLE LEG STRETCH • TABLE TOP • RIGHT SIDE PLANK • LEFT SIDE PLANK • TOE REACHES • TOE TAPS • GRASS HOPPER 	<ul style="list-style-type: none"> • AROUND THE WORLD CRUNCH • DOUBLE LEG STRETCH • PLANK TOE TAPS • RIGHT ALTERNATE CRUNCH • LEFT ALTERNATE CRUNCH • TUCK HOLD • BUTTERFLY CRUNCH • BACKWARDS BICYCLE 	<ul style="list-style-type: none"> • DISH HOLD • DOUBLE LEG LOWER • REVERSE CRUNCH • RIGHT SIDE PLANK • LEFT SIDE PLANK • REVERSE SIT-UP • SCISSOR CRUNCH • FROGGERS 	REST DAY

WK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<ul style="list-style-type: none"> • DEAD BUG • CRISS CROSS • DOUBLE LEG STRETCH • RUSSIAN TWISTS • SPIDER MAN • BUTTERFLY/FROG CRUNCH • FLUTTER KICKS (ELBOWS) • STRAIGHT LEG BICYCLE 	<ul style="list-style-type: none"> • TUCK TO EXTEND • SIDE SCISSOR • DISH HOLD • RIGHT SIDE PLANK DIPS • LEFT SIDE PLANK DIPS • CRUNCH • REVERSE CRUNCH • SHOULDER TAP PLANK 	<ul style="list-style-type: none"> • KARATE CHOP • REVERSE CRUNCH & EXTEND • FLAT BODY LIFT • RIGHT SIDE V-CRUNCH • LEFT SIDE V-CRUNCH • TOE REACHES • TUCK TO EXTEND • BICYCLE (ELBOWS) 	<ul style="list-style-type: none"> • TABLE TOP CRUNCH • DOUBLE LEG STAR • DISH HOLD • RUSSIAN TWISTS • GRASSHOPPER • CRUNCH PULSES • FLUTTER KICKS • PLANK LEG LIFT 	<ul style="list-style-type: none"> • REVERSE SIT-UP • TUCK TO EXTEND • EXTENDED BICYCLE • RIGHT SIDE PLANK DIPS • LEFT SIDE PLANK DIPS • ROPE CLIMBERS • HIP TWIST ON HANDS • FLUTTER KICKS (ELBOWS) 	<ul style="list-style-type: none"> • DISH HOLD • SINGLE LEG HUG • DOLPHIN PLANK • RIGHT SIDE V-CRUNCH • LEFT SIDE V-CRUNCH • BUTTERFLY/FROG CRUNCH • CRISS CROSS • FROGGERS 	REST DAY

WK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<ul style="list-style-type: none"> • REVERSE SIT-UP • V-SIT CHOP • LEG PULL • RIGHT SIDE V-CRUNCH • LEFT SIDE V-CRUNCH • EXTENDED CRUNCH • FLUTTER KICKS • EXTENDED BICYCLE 	<ul style="list-style-type: none"> • PLANK LEG LIFTS • BUTTERFLY/FROG CRUNCH • DISH HOLD • RUSSIAN TWISTS • HIP TWIST ON HANDS • ROPE CLIMBERS • SCISSORS • MUSCLE UP 	<ul style="list-style-type: none"> • AROUND THE WORLD CRUNCH • V-SIT CHOP • LEG PULL • RIGHT SIDE PLANK DIPS • LEFT SIDE PLANK DIPS • CRUNCH • SCISSOR HUG • CRISS CROSS 	<ul style="list-style-type: none"> • PLANK SHOULDER TAPS • DOUBLE LEG STRETCH • BACKWARDS BICYCLE • RIGHT SIDE PLANK LEG LIFT • LEFT SIDE PLANK LEG LIFT • TOE REACHES • TOE TAPS • MOUNTAIN CLIMBERS 	<ul style="list-style-type: none"> • DEAD BUG • V-SIT • LEG PULL • ALTERNATE TOE TOUCHES • BICYCLE TWIST • CRUNCH PULSES • SIDE SCISSORS • CRISS CROSS 	<ul style="list-style-type: none"> • DISH HOLD • DOUBLE LEG LOWER • PLANK HIP TAPS • RIGHT SIDE V-CRUNCH • LEFT SIDE V-CRUNCH • ROPE CLIMBERS • REVERSE CRUNCH & LOWER • TUCK PLANK 	REST DAY

WK 4

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<ul style="list-style-type: none"> • DISH HOLD • DOUBLE LEG STRETCH • TUCK HOLD • RIGHT SIDE PLANK • LEFT SIDE PLANK • BUTTERFLY/FROG CRUNCH • FLUTTER KICKS • STRAIGHT LEG BICYCLE 	<ul style="list-style-type: none"> • CRUNCH • V-SIT • DOLPHIN PLANK • RIGHT ALTERNATE CRUNCH • LEFT ALTERNATE CRUNCH • CRUNCH PULSES • REVERSE CRUNCH • MOUNTAIN CLIMBERS 	<ul style="list-style-type: none"> • REVERSE SIT-UP • TOE TAPS • FLAT BODY LIFT • RIGHT SIDE PLANK DIPS • LEFT SIDE PLANK DIPS • LEG PULL • BUTTERFLY/FROG CRUNCH • BICYCLE TWIST 	<ul style="list-style-type: none"> • AROUND THE WORLD CRUNCH • V-SIT CHOP • PLANK TOE TAPS • RIGHT SIDE V-CRUNCH • LEFT SIDE V-CRUNCH • TOE REACHES • CRISS CROSS • HIP TWIST ON HANDS 	<ul style="list-style-type: none"> • PLANK SHOULDER TAPS • DOUBLE LEG LOWER • V-HOLD • RUSSIAN TWISTS • SPIDER MAN • ROPE CLIMBERS • REVERSE CRUNCH • FLUTTER KICKS 	<ul style="list-style-type: none"> • DISH HOLD • V-SIT • DOUBLE LEG STAR • RIGHT SIDE PLANK VARIATIONS • LEFT SIDE PLANK VARIATIONS • HIP TWIST ON HANDS • BACKWARD BICYCLE • FROGGERS 	REST DAY



CONGRATULATIONS! YOU DID IT!!

A massive “congratulations!” is in order for you! You have reached the end of 28-days of insane ab sculpting! I hope you had some fun along the way and are feeling ready to rock your sexy bod.

NEED SOME HELP WITH WHAT'S NEXT?

If you need some help setting your new goals, reach out in the [Insiders Facebook Group](#), and the coaches will help you. [CLICK HERE](#) to check out any of our programs, or [CLICK HERE](#) to use our free macro calculator.

To finish, I hope you are as proud of yourself as I am of you; I cannot wait to hear all about your results.

I am so proud of you!

With love,
Kim xo

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. [**Strong & Sculpted Podcast**](#)
Your go to resource for everything to do with muscle sculpting and fat burning
2. [**Private Facebook Group**](#)
Join our private community and receive free coaching from one of our experienced coaches
3. [**The Sculpted Vegan YouTube**](#)
For training videos, instructional resources and much more!
4. [**Training to Failure**](#)
Dive deep with me in my personal training sessions as I show you what it really takes!
5. [**Training with Mark Getty**](#)
Join heavyweight pro bodybuilder Mark Getty- my personal trainer, as we discuss supplements, protein, training and more.
6. [**The Sculpted Vegan Video Blogs**](#)
Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
7. [**Free Resources**](#)
Download training and meal plans for free
8. [**Get Kim's Look**](#)
Get the deets (AND DISCOUNTS!)

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