

LEAN

Physiotherapist, Head Trainer & Founder of the LEAN App



11 LINE ABS CHALLENGE

BEGINNER

Lilly Sabri

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Get access to the App-exclusive LEAN Method full-length programs, meal plans, nutritious recipes and more!



ABOUT LILLY SABRI

Lilly Sabri

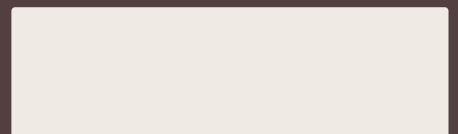


I'm Lilly Sabri, founder of Lean with Lilly. I've been a Chartered Physiotherapist since 2010 and I'm here to help you live a healthy lifestyle!

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WE ONLY HAVE ONE LIFE SO LETS MAKE IT EPIC!



Over the years, I've educated and empowered hundreds of thousands of people around the world to improve their health, fitness and live a healthy lifestyle. My LWL workout guides help you live a healthy lifestyle with real time home workouts and healthy delicious recipes, that leave you feeling great, whether you are new to fitness or seeking a challenge. Join the #LeanWithLilly family to take control, feel confident and make changes towards a healthier, happier lifestyle!

I've always been sports obsessed and from a young age, trying out as many sports as I could! This eventually fueled my ambition to study Physiotherapy at University, where I found myself drawn to the sports side of the profession (shock...).

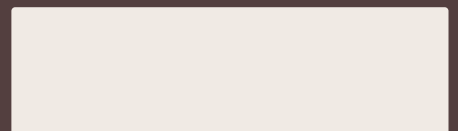
Eventually I found myself working with elite athletes, at the top of their field. Working with Chelsea FC Academy, Watford FC, Barnet FC and the England Women's Football Team, I developed my knowledge as a sports physiotherapist.

I've now taken my years of physio experience, work in the health, fitness and wellness sectors, and poured it into my guides, workout videos, and more. My goal is to inspire and help as many people on this planet to be the healthiest and happiest versions of themselves.

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11 DAYS WITH #LeanWithLilly

BEFORE WE GET STARTED

1
SUBSCRIBE
TO ACCESS
ALL WORKOUTS

2
FOLLOW ME

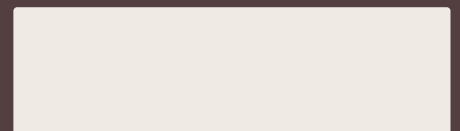
3
TAG ME

TAG
#LEANWITHLILLY
ON INSTAGRAM
TO BE REPOSTED

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WHAT TO EXPECT

This Challenge is focused on carving deep into those core muscles, 11 workouts, all 11 minutes long. If you want to get them poppin' abs this will definitely put you on the right track!

The workouts involve some fat burning HIIT movements, core strengthening, lower abs and obliques.

The core muscle group is so so IMPORTANT, yet still widely neglected by most people. A strong core leads to better balance and stability, preventing you from injuries while playing sports or even just going about your daily life! <-okay that's the end of my 'Lilly the Physiotherapist' Public Service Announcement

WHO CAN GET INVOLVED?

Anyone looking to make positive changes to live a healthier and happier lifestyle. My workouts are designed to help you achieve your goals. During the workouts, I will be demonstrating multiple exercise difficulty levels.

WHAT DO YOU NEED?

A mat or soft surface to lie on One set of dumbbells (or something weighted, i.e. water bottles)

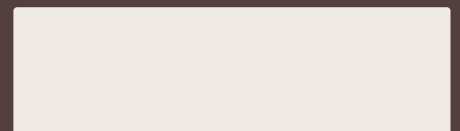
Please don't forget, we cannot spot reduce fat, meaning we cannot work a specific area in aim of reducing fat in that area alone. To achieve your goals you need to consider 3 things:

1. Exercise - general movement of your body will burn calories and being in calorific deficit (burning more calories than you consume will gradually lead to fat burn)
2. Specific exercises – I am a huge advocate of a combination of isolated muscle strengthening (in this case the core muscles) and compound movements. This program provides you with both
3. Nutrition – For heaps of FREE Healthy Recipes, [check out my website](#)

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START THE CHALLENGE

LET'S DO THIS
#LEANWITHLILLY

DAY 1 - PILATES - LOWER ABS & OBLIQUES

EQUIPMENT: NONE NEEDED WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

- | | | | | | | |
|---|------------------------------------|-------------------------------------|--|---------------------|-----------------------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| HUNDREDS | ROLL BACK WITH OBLIQUE TWIST | RUSSIAN TWISTS | OBLIQUE CRUNCH RIGHT | BICYCLE X3 AND HOLD | BEAR POSITION OBLIQUE TWIST | SIDE PLANK LEFT CRUNCH ABS, CRUNCH OBLIQUES |
| 8 | 9 | 10 | 11 | BONUS | | |
| TOE REACHES, CENTRE, LEFT THEN RIGHT (REPEAT) | ROTATION CRUNCH ELBOW TO KNEE LEFT | ROTATION CRUNCH ELBOW TO KNEE RIGHT | SIDE PLANK RIGHT CRUNCH ABS, CRUNCH OBLIQUES | 30SEC BOAT HOLD | | |

DAY 2 - LIGHT RESISTANCE - OBLIQUES WITH WEIGHTS

EQUIPMENT: 1KG DUMBBELLS OR WATER BOTTLES WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

- | | | | | | | |
|--------------------------|-------------------------------|----------------------|--|---------------|--|----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| CRUNCH HOLD WITH PUNCHES | OBLIQUE CRUNCH LEFT | OBLIQUE CRUNCH RIGHT | ROLL UP WITH PUNCH | RUSSIAN TWIST | OBLIQUE SIDE CRUNCH L AND R (20SEC EACH) | SPEED BICYCLES |
| 8 | 9 | 10 | 11 | | | |
| SIDE PLANK RIGHT CRUNCH | SIDE PLANK LEFT CRUNCH & LIFT | DEAD BUGS | MODIFIED RUSSIAN TWIST - WITH SINGLE LEG EXTENSION | | | |

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START THE CHALLENGE

LET'S DO THIS
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DAY 3 - HIIT FAT BURN & CORE

EQUIPMENT: NEEDED: 1KG DUMBBELLS OR WATER BOTTLES WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

- | | | | | | | |
|-------------------------|------------------------|-----------------------|---------------------------------|---|------------------|----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| JUMP JACK & PUNCH | DEAD BUGS WITH WEIGHTS | HIGH KNEE RUN & PUNCH | SPEED BICYCLES | RUSSIAN TWISTS | REVERSE CRUNCHES | SIT UP & PUNCH |
| 8 | 9 | 10 | 11 | BONUS | | |
| ROLL UP AND PUNCH UP X3 | JUMP JACK & PUNCH | HUNDREDS WITH WEIGHT | OBLIQUE CRUNCH X20SEC EACH SIDE | 45 SEC RUSSIAN TWIST X4 SINGLE LEG STRETCH X2 | | |

DAY 4 - PILATES - LOWER ABS & OBLIQUES

EQUIPMENT: PILLOW OR BALL WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

- | | | | | | | |
|-----------------------|--------------------------|--------------------------|----------------------|----------------------------|---------------|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| DEAD BUGS WITH PILLOW | SCISSORS ON BALL/ PILLOW | DEAD BUGS ON BALL/PILLOW | REVERSE CRUNCH | ROLL BACK WITH ARM OPENING | FLUTTER KICKS | HIP OPENING & SINGLE LEG STRETCH ON BALL/ PILLOW |
| 8 | 9 | 10 | 11 | | | |
| OBLIQUE CRUNCH LEFT | OBLIQUE CRUNCH RIGHT | ALL 4S OBLIQUE'S | BICYCLES X3 AND HOLD | | | |

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DAY 5 - LIGHT RESISTANCE - OBLIQUES WITH WEIGHTS

EQUIPMENT: NEEDED: 1KG DUMBBELLS OR WATER BOTTLES WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

1	2	3	4	5	6	7
ROLL DOWN & PUNCH X3 EACH SIDE	ROLL UP/DOWN & PUNCH UP X3	ROLL UP/DOWN WITH WEIGHTS	RUSSIAN TWIST X2 SINGLE LEG ST	REVERSE CRUNCH	SIDE CRUNCHES WITH WEIGHT X20SEC EACH SIDE	ROTATION CRUNCHES WITH WEIGHTS
8	9	10	11	BONUS		
FLUTTER KICKS X10 HEELS TAPS X10	½ ROLL BACK & UP WITH WEIGHTS	DEAD BUGS WITH WEIGHTS	BICYCLES WITH WEIGHTS	45SEC BOAT HOLD		

DAY 6 - PILATES - LOWER ABS & OBLIQUES

EQUIPMENT: NONE NEEDED WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

1	2	3	4	5	6	7
HUNDREDS	ROLL BACK WITH OBLIQUE TWIST	RUSSIAN TWISTS	OBLIQUE CRUNCH 20SEC LEFT 20SEC RIGHT	BICYCLE X3 AND HOLD	BEAR POSITION OBLIQUE TWIST	SIDE PLANK LEFT CRUNCH ABS, CRUNCH OBLIQUES
8	9	10	11	BONUS		
TOE REACHES, CENTRE, LEFT THEN RIGHT (REPEAT)	ROTATION CRUNCH ELBOW TO KNEE LEFT	ROTATION CRUNCH ELBOW TO KNEE RIGHT	SIDE PLANK RIGHT CRUNCH ABS, CRUNCH OBLIQUES	30SEC BOAT HOLD		

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DAY 7- LIGHT RESISTANCE - OBLIQUES WITH WEIGHTS

EQUIPMENT: NEEDED: 1KG DUMBBELLS OR WATER BOTTLES WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

1	2	3	4	5	6	7
CRUNCH HOLD WITH PUNCHES	OBLIQUE CRUNCH LEFT	OBLIQUE CRUNCH RIGHT	ROLL UP WITH PUNCH	RUSSIAN TWIST	OBLIQUE SIDE CRUNCH L AND R (20SEC EACH)	SPEED BICYCLES
8	9	10	11			
SIDE PLANK RIGHT CRUNCH	SIDE PLANK LEFT CRUNCH & LIFT	DEAD BUGS	MODIFIED RUSSIAN TWIST-WITH SINGLE LEG EXTENSION			

DAY 8 - PILATES - HIIT FAT BURN & CORE

EQUIPMENT: 1KG DUMBBELLS OR WATER BOTTLES WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

1	2	3	4	5	6	7
JUMP JACK & PUNCH	DEAD BUGS WITH WEIGHTS	HIGH KNEE RUN & PUNCH	SPEED BICYCLES	RUSSIAN TWISTS	REVERSE CRUNCHES	SIT UP & PUNCH
8	9	10	11	BONUS		
ROLL UP AND PUNCH UP X3	JUMP JACK & PUNCH	HUNDREDS WITH WEIGHT	OBLIQUE CRUNCH X20SEC EACH SIDE	45 SEC RUSSIAN TWIST X4 SINGLE LEG STRETCH X2		

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START THE CHALLENGE

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DAY 9 - PILATES - LOWER ABS & OBLIQUES

EQUIPMENT: PILLOW OR BALL WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

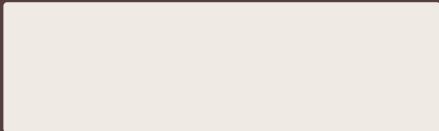
- | | | | | | | |
|-----------------------|--------------------------|--------------------------|----------------------|----------------------------|---------------|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| DEAD BUGS WITH PILLOW | SCISSORS ON BALL/ PILLOW | DEAD BUGS ON BALL/PILLOW | REVERSE CRUNCH | ROLL BACK WITH ARM OPENING | FLUTTER KICKS | HIP OPENING & SINGLE LEG STRETCH ON BALL/ PILLOW |
| 8 | 9 | 10 | 11 | | | |
| OBLIQUE CRUNCH LEFT | OBLIQUE CRUNCH RIGHT | ALL 4S OBLIQUE'S | BICYCLES X3 AND HOLD | | | |

DAY 10 - LIGHT RESISTANCE - OBLIQUES WITH WEIGHTS

EQUIPMENT: 1KG DUMBBELLS OR WATER BOTTLES WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

- | | | | | | | |
|------------------------------------|-------------------------------|---------------------------|----------------------------------|-----------------|--|--------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| ROLL DOWN & PUNCH X3 EACH SIDE | ROLL UP/DOWN & PUNCH UP X3 | ROLL UP/DOWN WITH WEIGHTS | RUSSIAN TWIST X2 SINGLE LEG ST | REVERSE CRUNCH | SIDE CRUNCHES WITH WEIGHT X20SEC EACH SIDE | ROTATION CRUNCHES WITH WEIGHTS |
| 8 | 9 | 10 | 11 | BONUS | | |
| FLUTTER KICKS X10 HEELS TAPS X10 | ½ ROLL BACK & UP WITH WEIGHTS | DEAD BUGS WITH WEIGHTS | BICYCLES WITH WEIGHTS | 45SEC BOAT HOLD | | |

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START THE CHALLENGE

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DAY 11 - HIIT FAT BURN & CORE

EQUIPMENT: 1KG DUMBBELLS OR WATER BOTTLES WORKOUT STRUCTURE: 45SEC ON / 15SEC OFF

1	2	3	4	5	6	7
DEEP SQUAT OBLIQUE CRUNCH WITH WEIGHTS	HUNDREDS WITH WEIGHTS	BEAR WEIGHT SHIFTS	JUMP JACK X2 PUNCH X2 WITH WEIGHTS	SPEED BICYCLES	RUSSIAN TWIST X2 SINGLE LEG STRETCH X2	ROLL UP/DOWN WITH WEIGHT
8	9	10	11	BONUS		
ROLL BACK HOLD WITH LEG PUMPS X5 EACH SIDE	SCISSORS	COMMANDO PLANKS	JUMP JACK X2 PUNCH X2 WITH WEIGHTS	1MIN BOAT HOLD		

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START YOUR FITNESS JOURNEY

COMPLETED BY OVER 200,000 PEOPLE WORLDWIDE
JOIN THE #LEANWITHLILLY FAMILY

WE MADE IT!! Can you believe it. I am so proud of you all for making it to the end of this challenge.

I hope you're feeling as strong and happy as I am (I literally cannot wait to see your progress shots!) As a little congrats for making it to the end, I have a secret to tell you... I've been working on a pretty HUGE project which I've kept secret for months! This top secret project launches late next month and I think/hope you're going to LOVE IT!

Please keep your eyes peeled familia.

Love you all.
x Lilly x

So how did you find it fam? I LOVE hearing from you all and seeing your progress.

Please let me know by sharing a story or post on Instagram/Facebook, or dropping me a DM/ email. I always make the time to get back to our #LeanWithLilly community.

I can't wait to see/hear all.

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WWW.LEANWITHLILLY.COM

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