

February 2026



ABSolutely Fabulous February 2026 Fitness Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10 crunches, 10 flutter kicks, 10 Russian twists	2 30-second plank, 30-second side plank (each side)	3 10 crunches, 10 flutter kicks, 10 Russian twists	4 30-second plank, 30-second side plank (each side)	5 10 crunches, 10 flutter kicks, 10 Russian twists	6 30-second plank, 30-second side plank (each side)	7 REST
8 10 crunches, 10 flutter kicks, 10 Russian twists (x2)	9 45-second plank, 45-second side plank (each side)	10 10 crunches, 10 flutter kicks, 10 Russian twists (x2)	11 45-second plank, 45-second side plank (each side)	12 10 crunches, 10 flutter kicks, 10 Russian twists (x2)	13 45-second plank, 45-second side plank (each side)	14 REST
15 10 crunches, 10 flutter kicks, 10 Russian twists (x3)	16 1-minute plank, 1-minute side plank (each side)	17 10 crunches, 10 flutter kicks, 10 Russian twists (x3)	18 1-minute plank, 1-minute side plank (each side)	19 10 crunches, 10 flutter kicks, 10 Russian twists (x3)	20 1-minute plank, 1-minute side plank (each side)	21 REST
22 10 crunches, 10 flutter kicks, 10 Russian twists (x4)	23 1.25-minute plank, 1.25-minute side plank (each side)	24 10 crunches, 10 flutter kicks, 10 Russian twists (x4)	25 1.25-minute plank, 1.25-minute side plank (each side)	26 10 crunches, 10 flutter kicks, 10 Russian twists (x4)	27 1.25-minute plank, 1.25-minute side plank (each side)	28 10 crunches, 10 flutter kicks, 10 Russian twists (x4)

Visit www.beachcitiesgym.com/challenge for more information on these exercises.