

#ABSTOBER

By Dan Martin

ABSTOBER YOUTUBE LINK:

<http://www.youtube.com/playlist?list=PLC-uon7DK39Kx0G1YplzrkI3kqgR8qenf>

#ABSTOBER 1 is here!

<https://www.instagram.com/p/BZwZKibA-pr/?taken-by=crossfit305>

💥 100 single leg v-ups

🚀 slow and controlled

💪 modify as needed

#ABSTOBER 2 is here!

<https://www.instagram.com/p/BZyv2Q-AEx-/?taken-by=crossfit305>

💥 3 rounds

🇷🇺 50 Russian twist

✚ 50 flutter kicks

💪 modify as needed

#ABSTOBER 3 starts NOW!

<https://www.instagram.com/p/BZztmUqAMP9/?taken-by=crossfit305>

🚀 Alternating Tabata

👏 20 hollow hold

🕒 10 second rest

🍑 20 seconds superman

👍 10 seconds rest

💪 4 rounds, 4 minutes total

#ABSTOBER 4 is HERE!

<https://www.instagram.com/p/BZ2R-4NgAVs/?taken-by=crossfit305>

🚀 500 reps

🕒 your choice

✅ suggestions in video

👏 awesome

#ABSTOBER 5 starts NOW!

<https://www.instagram.com/p/BZ4nNDqAne3/?taken-by=crossfit305>

💥 REVERSE Tabata

😓 10 second L-sit hold

😊 20 second rest

🕒 8 rounds, 4 minutes total

#ABSTOBER 6

<https://www.instagram.com/p/BZ9h-RhA67l/?taken-by=crossfit305>

ABSHOULDERFEST

💥 SUPER SEXY 💥 SUPER SECRET 💥

💥 SHOULDER SUPER SET 💥

✅ 3 sets ✅

🕒 10 bent over raise (rear delt)

👍 10 front raises/side (anterior delt)

🚀 10 side raises (medial delt)

🍎 10 turn out bicep curls

🍆 10 triceps kick backs

Abs for rest: 10 bench crunches, then 10 more per each side.

SLOW, CONTROLLED WITH VERY LIGHT WEIGHT. IT SHOULD BURN, BAD 🤔

#ABSTOBER 7 starts NOW!

https://www.instagram.com/p/BZ_TVMeAHQg/?taken-by=crossfit305

💥 200 plank knee to elbows

🚀 Use chairs or a wall for elevation

✅ DO IT

#ABSTOBER 8 is HERE! 🏁

<https://www.instagram.com/p/BaCgnhggrOO/?taken-by=crossfit305>

🚀 50 single leg strict Toes to bar

-OR-

💥 150 single leg v-ups

🔥 GET IT DONE

#ABSTOBER 9 is HERE! 🚀

<https://www.instagram.com/p/BaHV47MH-Rb/?taken-by=crossfit305>

🚀 tabata Hollow Rock

😓 20 second Rocks

😊 10 second rest

🕒 8 rounds, 4 minutes total

🔥 GET IT DONE

#ABSTOBER 10 is Here baby! 🐙 <https://youtu.be/fQVa0JghiT4>

<https://www.instagram.com/p/BaH46jOHBbo/?taken-by=crossfit305>

🐙 FloorCore 1

😓 20 second v-hold

😊 10 leg raises

 20 Russian twists

 40 flutter kicks

#ABSTOBER 11 is HERE!!!

https://www.instagram.com/p/BaM8W_5grMF/?taken-by=crossfit305

 600 reps

 your choice

 have fun

 GET IT DONE 

#ABSTOBER 12 starts NOW!

https://www.instagram.com/p/BaM_XSXgbAE/?taken-by=crossfit305

 200 sit ups

 Anchored, butterfly, GHD

 straight leg, weighted

 all the same or mix & match

 GET IT DONE 

#ABSTOBER 13

 3 minutes max GHD sit ups

 rest 1 minute

 2 minutes max sit ups

 if you don't have a GHD, do weighted sit ups

 GET IT DONE 

#ABSTOBER 14 starts NOW!

<https://www.instagram.com/p/BaUKYMCArY0/?taken-by=crossfit305>

 3 rounds

 25 sit ups

 25 Twists

 25 fl. Kicks

 25 v-ups

 GET IT DONE

#ABSTOBER 15 starts NOW!

<https://www.instagram.com/p/BaWrKDtgZli/?taken-by=crossfit305>

 reverse Tabata L-Sit hold

 10 second hold

 20 second rest

 8 rounds

 get it done 

#ABSTOBER 16 is HERE!

<https://www.instagram.com/p/BaW9zRig0j3/?taken-by=crossfit305>

5 Rounds

👻 20 second tension plank

🎃 10 side plank raises/side

🚀 VIDEO DOES NOT SHOW THESE 😱

💜💜💜💜

🔥 GET IT DONE ✅

#ABSTOBER 17 starts NOW!

<https://www.instagram.com/p/BaWxQ3LAnOt/?taken-by=crossfit305>

👻 50-40-30-20-10

🎃 Sit Ups

🚀 Supermans

😱 YESSSSS!!!

🔥 GET IT DONE ✅

#ABSTOBER 18 starts NOW!

<https://www.instagram.com/p/BaZg-pbgiX7/?taken-by=crossfit305>

7 Rounds

👻 50 flutter kicks

🎃 25 toe touches

🚀 25 scissor kicks

😱 YESSSSS!!! 700 reps!

🔥 GET IT DONE ✅

#ABSTOBER 19 starts NOW!

https://www.instagram.com/p/Bac14-Bg3_x/?taken-by=crossfit305

👻 10 wiper complexes

🎃 -Or-

🚀 25 floor wiper complexes

😱 YESSSSS!!!

🔥 GET IT DONE ✅

#ABSTOBER 20 starts NOW!

<https://www.instagram.com/p/BaelVb9gAt9/?taken-by=crossfit305>

👻 25 abwheel rollouts 🎃

🔥 GET IT DONE ✅

#ABSTOBER 21 is HERE NOW!

<https://www.instagram.com/p/BahOFi-AeyU/?taken-by=crossfit305>

- 👤 2 Rounds
- 👤 21 Strict toes to bar
- 👤 -or- V-ups
- 👤 21 alternating SL V-Ups
- 👤 GET IT DONE ✅

#ABSTOBER 22 is NOW!

<https://www.instagram.com/p/BakK7C5gF5M/?taken-by=crossfit305>

- 👤 4 rounds for quality of:
- 👤 22 Rotational push up plank K2E
- 👤 22 Elbow plank kick backs
- 👤 GET IT DONE
- 👤 🏠 🎯 🐟 🦆 🌊 🌪️

#ABSTOBER 23 YO!!!

https://www.instagram.com/p/Bam7UOrAQ_v/?taken-by=crossfit305

- 👤 3 Rounds
- 👤 23 Hanging top-half knee raises
- 👤 23 flutter kicks, 2 count
- 👤 GET IT DONE ✅

#ABSTOBER 24 BOOM 🌟

<https://www.instagram.com/p/BapLY4rARWJ/?taken-by=crossfit305>

- 👤 2 Rounds
- 👤 24 weighted sit ups
- 👤 24 Elbow to push up plank
- 👤 24 weighted supermans
- 👤 GET IT DONE ✅

#ABSTOBER 25 WOOOOO

<https://www.instagram.com/p/BauSvhcgDBR/?taken-by=crossfit305>

- Ric Flair
- 👤 3 Rounds
- 👤 10 side bends/side
- 👤 10 g'mornings
- 👤 10 single leg strict t2b
- 👤 GET IT ✅ DONE

#ABSTOBER 26 YES MON big up!

 6 rounds per side, slow with abs braced

 25 yard walk:

 1 arm farmers carry, heavy

 1 arm waiters carry, light

#ABSTOBER 27

<https://www.instagram.com/p/BaxcaU1gt9L/?taken-by=crossfit305>

 12 sets, alternating sides

 25 yard farmer/waiters walk

 farmer heavy, waiter light.

MUSIC BY PRESSBOARD

#ABSTOBER 28

<https://www.instagram.com/p/BazxpDAAv-Q/?taken-by=crossfit305>

 5 rounds with a light object

 20 straight leg sit ups

 30 Russian twist

 50 flutter kicks

 MUSIC BY PRESSBOARD

#ABSTOBER 29 dang!

 250 butterfly sit ups for time. Use a mat or towel to prevent sliding.

 RX+= 150 GHD sit ups for time.

 BE CAREFUL!

#ABSTOBER 30 ohh yeaahhh BROTHERRRRR

 3 rounds

 30 Weighted Leg raises (hold med-ball or other object between ankles, raise until legs are straight, return)

 30 Toe touches (lay on back, legs straight up, reach up and touch toes)

 30 Side touch crunches (lay on back, legs bent, touch side of ankle, alternating)

 30 second hollow hold

#ABSTOBER 31 IS EVIL

 See video for full info!

<https://www.instagram.com/p/Ba5TIV2lvM7/?taken-by=crossfit305>