

11 LINE ABS CHALLENGE



**LEAN
WITH LILLY**

LILLY SABRI

WWW.LEANWITHLILLY.COM

#LETSDOTHIS



ABOUT 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!



“

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.

I AM SO HAPPY TO HEAR THAT YOU'RE GOING TO BE JOINING THE THOUSANDS OF PEOPLE THAT ARE ALSO ON THE #LeanWithLilly JOURNEY!



11
DAYS
#LeanWithLilly

BEFORE WE GET STARTED

1

SUBSCRIBE
TO ACCESS THE WORKOUTS



WWW.YOUTUBE.COM/LILLYSABRI

2

FOLLOW ME

INSTAGRAM: [@LillySabri](https://www.instagram.com/LillySabri)
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TWITTER: [@LillySabri](https://twitter.com/LillySabri)
FB PRIVATE GROUP: [Lean With Lilly Guides](#)

3

TAG ME

TAG [#LEANWITHLILLY](#)
ON [INSTAGRAM](#)
TO BE REPOSTED

“

ARE YOU READY?

LET'S DO THIS.

”

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](#)

DAY 1

CLICK HERE



www.youtube.com/lillysabri

PILATES - LOWER ABS & OBLIQUES

NO EQUIPMENT NEEDED

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

HUNDREDS

02

ROLL BACK WITH
OBLIQUE TWIST

03

RUSSIAN TWISTS

04

OBLIQUE CRUNCH
20SEC LEFT 20SEC
RIGHT

05

BICYCLE X3 AND HOLD

06

BEAR POSITION
OBLIQUE TWIST

07

SIDE PLANK LEFT
CRUNCH ABS, CRUNCH
OBLIQUES

08

TOE REACHES,
CENTRE, LEFT THEN
RIGHT (REPEAT)

09

ROTATION CRUNCH
ELBOW TO KNEE LEFT

10

ROTATION CRUNCH
ELBOW TO KNEE
RIGHT

11

SIDE PLANK RIGHT
CRUNCH ABS, CRUNCH
OBLIQUES

BONUS

30sec BOAT HOLD

DAY 2

CLICK HERE



www.youtube.com/lillysabri

LIGHT RESISTANCE - OBLIQUES WITH WEIGHTS

EQUIPMENT NEEDED: 1KG DUMBBELLS OR WATER BOTTLES

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

CRUNCH HOLD WITH
PUNCHES

02

OBLIQUE CRUNCH
LEFT

03

OBLIQUE CRUNCH
RIGHT

04

ROLL UP WITH PUNCH

05

RUSSIAN TWIST

06

OBLIQUE SIDE
CRUNCH L AND R
(20sec EACH)

07

SPEED BICYCLES

08

SIDE PLANK RIGHT
CRUNCH

09

SIDE PLANK LEFT
CRUNCH & LIFT

10

DEAD BUGS

11

MODIFIED RUSSIAN
TWIST - WITH SINGLE
LEG EXTENSION

COMPLETE

DAY 3

CLICK HERE



www.youtube.com/lillysabri

HIIT FAT BURN & CORE

EQUIPMENT NEEDED: 1KG DUMBBELLS OR WATER BOTTLES

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

JUMP JACK & PUNCH

02

DEAD BUGS WITH WEIGHTS

03

HIGH KNEE RUN & PUNCH

04

SPEED BICYCLES

05

RUSSIAN TWISTS

06

REVERSE CRUNCHES

07

SIT UP & PUNCH

08

ROLL UP AND PUNCH UP X3

09

JUMP JACK & PUNCH

10

HUNDREDS WITH WEIGHT

11

OBLIQUE CRUNCH X20sec EACH SIDE

BONUS

45 SEC RUSSIAN TWIST X4
SINGLE LEG STRETCH X2

DAY 4

CLICK HERE



www.youtube.com/lillysabri

PILATES - LOWER ABS & OBLIQUES

EQUIPMENT NEEDED: PILLOW OR BALL

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

DEAD BUGS WITH
PILLOW

02

SCISSORS ON
BALL/PILLOW

03

DEAD BUGS ON
BALL/PILLOW

04

REVERSE CRUNCH

05

ROLL BACK WITH ARM
OPENING

06

FLUTTER KICKS

07

HIP OPENING &
SINGLE LEG STRETCH
ON BALL/PILLOW

08

OBLIQUE CRUNCH
LEFT

09

OBLIQUE CRUNCH
RIGHT

10

ALL 4s OBLIQUE'S

11

BICYCLES X3 AND
HOLD

COMPLETE

DAY 5

CLICK HERE



www.youtube.com/lillysabri

LIGHT RESISTANCE - OBLIQUES WITH WEIGHTS

EQUIPMENT NEEDED: 1KG DUMBBELLS OR WATER BOTTLES

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

ROLL DOWN & PUNCH
X3 EACH SIDE

02

ROLL UP/DOWN &
PUNCH UP X3

03

ROLL UP/DOWN WITH
WEIGHTS

04

RUSSIAN TWIST X2 |
SINGLE LEG STRETCH
X2

05

REVERSE CRUNCH

06

SIDE CRUNCHES WITH
WEIGHT X20SEC EACH
SIDE

07

ROTATION CRUNCHES
WITH WEIGHTS

08

FLUTTER KICKS X10 |
HEELS TAPS X10

09

½ ROLL BACK & UP
WITH WEIGHTS

10

DEAD BUGS WITH
WEIGHTS

11

BICYCLES WITH
WEIGHTS

BONUS

45sec BOAT HOLD

DAY 6 DAY 1 REPEAT

CLICK HERE



www.youtube.com/lillysabri

PILATES - LOWER ABS & OBLIQUES

NO EQUIPMENT NEEDED

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

HUNDREDS

02

ROLL BACK WITH
OBLIQUE TWIST

03

RUSSIAN TWISTS

04

OBLIQUE CRUNCH
20SEC LEFT 20SEC
RIGHT

05

BICYCLE X3 AND HOLD

06

BEAR POSITION
OBLIQUE TWIST

07

SIDE PLANK LEFT
CRUNCH ABS, CRUNCH
OBLIQUES

08

TOE REACHES,
CENTRE, LEFT THEN
RIGHT (REPEAT)

09

ROTATION CRUNCH
ELBOW TO KNEE LEFT

10

ROTATION CRUNCH
ELBOW TO KNEE
RIGHT

11

SIDE PLANK RIGHT
CRUNCH ABS, CRUNCH
OBLIQUES

BONUS

30sec BOAT HOLD

DAY 7 DAY 2 REPEAT

CLICK HERE
 YouTube
www.youtube.com/lillysabri

LIGHT RESISTANCE - OBLIQUES WITH WEIGHTS

EQUIPMENT NEEDED: 1KG DUMBBELLS OR WATER BOTTLES

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

CRUNCH HOLD WITH PUNCHES

02

OBLIQUE CRUNCH LEFT

03

OBLIQUE CRUNCH RIGHT

04

ROLL UP WITH PUNCH

05

RUSSIAN TWIST

06

OBLIQUE SIDE CRUNCH L AND R (20sec EACH)

07

SPEED BICYCLES

08

SIDE PLANK RIGHT CRUNCH

09

SIDE PLANK LEFT CRUNCH & LIFT

10

DEAD BUGS

11

MODIFIED RUSSIAN TWIST - WITH SINGLE LEG EXTENSION

COMPLETE

DAY 8 DAY 3 REPEAT

CLICK HERE



www.youtube.com/lillysabri

HIIT FAT BURN & CORE

EQUIPMENT NEEDED: 1KG DUMBBELLS OR WATER BOTTLES

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

JUMP JACK & PUNCH

02

DEAD BUGS WITH WEIGHTS

03

HIGH KNEE RUN & PUNCH

04

SPEED BICYCLES

05

RUSSIAN TWISTS

06

REVERSE CRUNCHES

07

SIT UP & PUNCH

08

ROLL UP AND PUNCH UP X3

09

JUMP JACK & PUNCH

10

HUNDREDS WITH WEIGHT

11

OBLIQUE CRUNCH X20sec EACH SIDE

BONUS

45 SEC RUSSIAN TWIST X4
SINGLE LEG STRETCH X2

DAY 9 DAY 4 REPEAT

CLICK HERE



www.youtube.com/lillysabri

PILATES - LOWER ABS & OBLIQUES

EQUIPMENT NEEDED: PILLOW OR BALL

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

DEAD BUGS WITH
PILLOW

02

SCISSORS ON
BALL/PILLOW

03

DEAD BUGS ON
BALL/PILLOW

04

REVERSE CRUNCH

05

ROLL BACK WITH ARM
OPENING

06

FLUTTER KICKS

07

HIP OPENING &
SINGLE LEG STRETCH
ON BALL/PILLOW

08

OBLIQUE CRUNCH
LEFT

09

OBLIQUE CRUNCH
RIGHT

10

ALL 4s OBLIQUE'S

11

BICYCLES X3 AND
HOLD

COMPLETE

DAY 10 DAY 5 REPEAT

CLICK HERE



www.youtube.com/lillysabri

LIGHT RESISTANCE - OBLIQUES WITH WEIGHTS

EQUIPMENT NEEDED: 1KG DUMBBELLS OR WATER BOTTLES

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

ROLL DOWN & PUNCH
X3 EACH SIDE

02

ROLL UP/DOWN &
PUNCH UP X3

03

ROLL UP/DOWN WITH
WEIGHTS

04

RUSSIAN TWIST X2 |
SINGLE LEG STRETCH
X2

05

REVERSE CRUNCH

06

SIDE CRUNCHES WITH
WEIGHT X20SEC EACH
SIDE

07

ROTATION CRUNCHES
WITH WEIGHTS

08

FLUTTER KICKS X10 |
HEELS TAPS X10

09

½ ROLL BACK & UP
WITH WEIGHTS

10

DEAD BUGS WITH
WEIGHTS

11

BICYCLES WITH
WEIGHTS

BONUS

45sec BOAT HOLD

DAY 11

CLICK HERE



www.youtube.com/lillysabri

HIIT FAT BURN & CORE

EQUIPMENT NEEDED: 1KG DUMBBELLS OR WATER BOTTLES

WORKOUT STRUCTURE: 45sec ON / 15sec OFF

01

DEEP SQUAT
OBLIQUE CRUNCH
WITH WEIGHTS

02

HUNDREDS WITH
WEIGHTS

03

BEAR WEIGHT SHIFTS

04

JUMP JACK X2
PUNCH X2 WITH
WEIGHTS

05

SPEED BICYCLES

06

RUSSIAN TWIST X2
SINGLE LEGSTRETCH
X2

07

ROLL UP/DOWN WITH
WEIGHT

08

ROLL BACK HOLD
WITH LEG PUMPS X5
EACH SIDE

09

SCISSORS

10

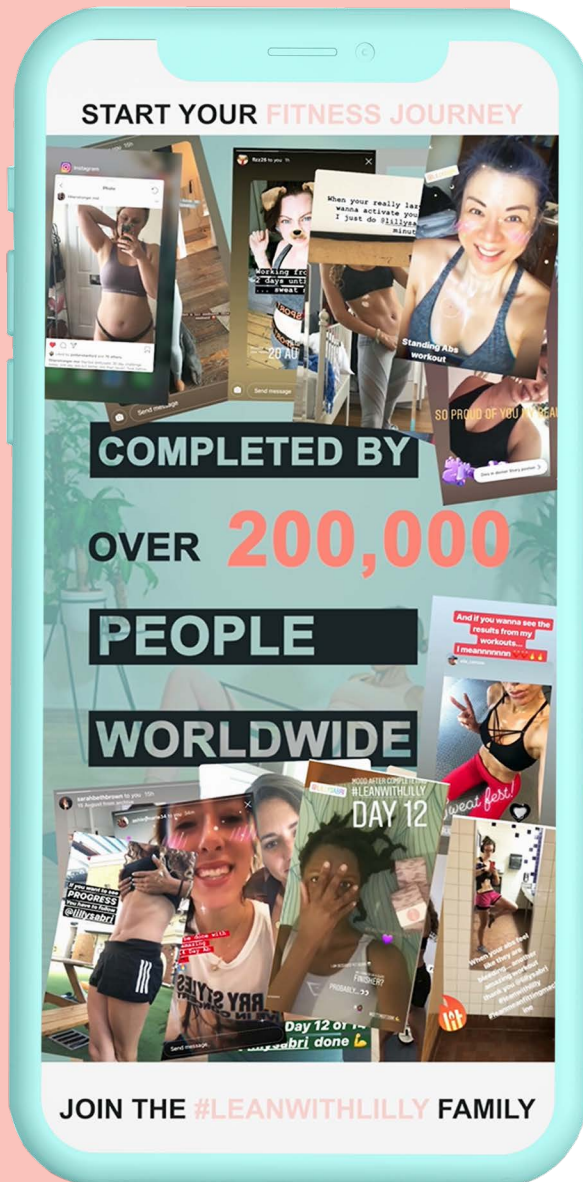
COMMANDO PLANKS

11

JUMP JACK X2 |
PUNCH X2 WITH
WEIGHTS

BONUS

1min BOAT HOLD



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.

FOLLOW ME

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