



Abs for August

Healthy
Habits
Challenge

CHALLENGE DURATION
**August 3 -
August 30**



Your Challenge Journey

Strengthen your core and boost your fitness with the Abs for August Challenge! This challenge encourages you to complete abdominal workouts throughout the month, focusing on building a stronger core over four (4) weeks. Complete at least 15 ab-focused habits in any order to earn participation credit. Whether you're aiming for better posture, enhanced stability, or a sculpted core, every workout brings you closer to your goal.



Completing Habits

- Habits are **pass/fail**
- **Click each icon (web portal) or click Read More (mobile app) for instructions on how to complete the ab exercise**
- Once you complete the habit in its entirety, click **Complete**
- Complete **at least 15 habits total**
- Habits can be completed **in any order**



Sign Up for the Challenge

Web Portal:

1. Log in to the Wellness Portal:
www.wellworksforyoulogin.com
2. Click **Challenges** in the sidebar
3. Click **Join** under the **Abs for August** challenge
4. Select how you would like to appear on the leaderboard and click **Join**

Mobile App:

1. Click **Challenges** at the bottom of the screen
2. Under **Available Challenges** click the **Abs for August** challenge and click **Activate**
3. Select how you would like to appear on the leaderboard and click **Activate**



Log in to the Wellness Portal

1. Go to www.wellworksforyoulogin.com or click **Sign In** on the Wellworks For You Mobile App
2. Your username will be : **Work Email**
3. Your temporary password will be: **Date of Birth in MMDDYYYY format** including all leading zeros (no spaces, dashes, or other punctuation)
a. *Example: 05051975*
4. Click **Login** on the Web Portal or **Sign In** on the Mobile App
5. Accept the terms of the Consent Form
6. Fill in the required information

Download the
Mobile App





Abs for August

The core exercises below will be included in this Healthy Habits challenge

Habit	Description
Flutter Kicks	Strengthen your core and lower abs with this simple yet effective exercise
Plank with Stability Ball	Challenge your core stability by incorporating a stability ball into your plank
Bicycle Crunch	Engage your obliques and core with this dynamic exercise
Mountain Climbers	Boost your heart rate and strengthen your core with this full-body move
Side Plank	Build oblique strength and stability with this static exercise
Oblique Twist	Strengthen your obliques and improve rotational stability with this twisting motion
Butterfly Crunch	Target your upper abs with this variation of the traditional crunch
Ankle Side Bends	Enhance your oblique strength and flexibility with this side-bending exercise
Stable Reverse Crunch	Strengthen your lower abs with this controlled crunch variation

Habit	Description
Plank	Build full-core stability with this classic exercise
Toe Taps	Engage your lower abs with this rhythmic movement
Toe Touch	Strengthen your upper abs with this reach-and-touch motion
Superman	Strengthen your lower back and core with this full-body extension
Hand Plank	Build core and arm strength with this upper-body-focused plank
Glute Bridge	Strengthen your core and glutes with this floor-based exercise
Crunch	Strengthen your upper abs with this classic exercise
Lying Side Crunch	Target your obliques with this side-focused crunch
Knee Tucks with Stability Ball	Challenge your core with this stability ball exercise.