

PLAYBOOK

5-Minute Flat Tummy Fix

Daily moves, a 30-day challenge & 7-day meal plan

Women who want a flatter stomach but struggle to find time for long workouts, have little or no fitness experience, and feel overwhelmed by complicated exercise...

6 sections



WELCOME

Start here

You do not need an hour at the gym. You do not need equipment. You do not need to already be fit. This playbook was built for women who want a flatter tummy but cannot squeeze long workouts into their day.

Maybe you have tried programs before and quit. Maybe you feel self-conscious starting something new. Maybe you just want something simple that actually works. Here is the truth: five minutes of the right moves, done daily, can start changing how your core looks and feels.

Consistency beats intensity every time. This playbook gives you those five moves, a 30-day challenge to build the habit, and a 7-day meal plan so you are not guessing about food. Each phase in this playbook is structured as a "play" you run.

You will learn the exercises, stack them into a daily routine, add the challenge structure, and see how the meal plan fits in. Everything is designed to be done at home, in regular clothes if you want, with no pressure and no perfection required.

Start where you are. Do what you can. Five minutes is enough.

Who this is for

Women who want a flatter stomach but struggle to find time for long workouts, have little or no fitness experience, and feel overwhelmed by complicated exercise programs or gym commitments

What you'll get

Five simple exercises you can do in under five minutes a day, paired with a clear 30-day plan and a week of meals, so you finally have a routine you can actually keep doing

WHAT YOU'LL WALK AWAY WITH

- Complete your daily core workout in under five minutes with no equipment needed
- Build an actual habit with a structured 30-day challenge instead of guessing what to do
- Reduce bloating and support your midsection with a simple 7-day meal plan
- Know exactly how to transition into more advanced online fitness training when you are ready
- Modify every exercise to your current fitness level without feeling left behind
- Maintain your results long-term with a clear maintenance plan that fits real life
- Finally stop starting over by having a routine simple enough to never skip

CONTENTS

What's inside

- 01** Learn Your Five Daily Moves
- 02** Stack Your Five Minutes
- 03** Start Your 30-Day Challenge
- 04** Follow the 7-Day Meal Plan
- 05** Connect to Online Fitness Training
- 06** Keep Going Beyond Thirty Days

PHASE 01

Learn Your Five Daily Moves

IN SHORT

Teach the exact five exercises that form the complete daily routine

These five exercises target your deep core muscles, the ones that pull your tummy in and support your posture. Each one is chosen because it works without equipment, takes little space, and can be modified if you need to start easier.

The Standing Core Pull: Stand tall, feet hip-width apart. Exhale and pull your belly button toward your spine as if you are trying to zip up tight jeans. Hold for five seconds, release. This wakes up your deepest abdominal muscle, the transverse abdominis.

Think of it as your natural corset.

The Seated Twist: Sit on the edge of a sturdy chair, feet flat. Twist your torso slowly to the right, hold two seconds, return to center, then twist left. This works your obliques, the muscles along your sides that help create a defined waistline.

The Floor Bridge: Lie on your back, knees bent, feet flat. Lift your hips until your body forms a straight line from shoulders to knees. Squeeze your glutes and lower abs at the top. Lower slowly. This connects your core to your lower body and protects your lower back.

The Dead Bug: Lie on your back, arms reaching toward the ceiling, knees bent at 90 degrees. Slowly lower your right arm and left leg toward the floor without letting your lower back arch. Return to start, then switch sides.

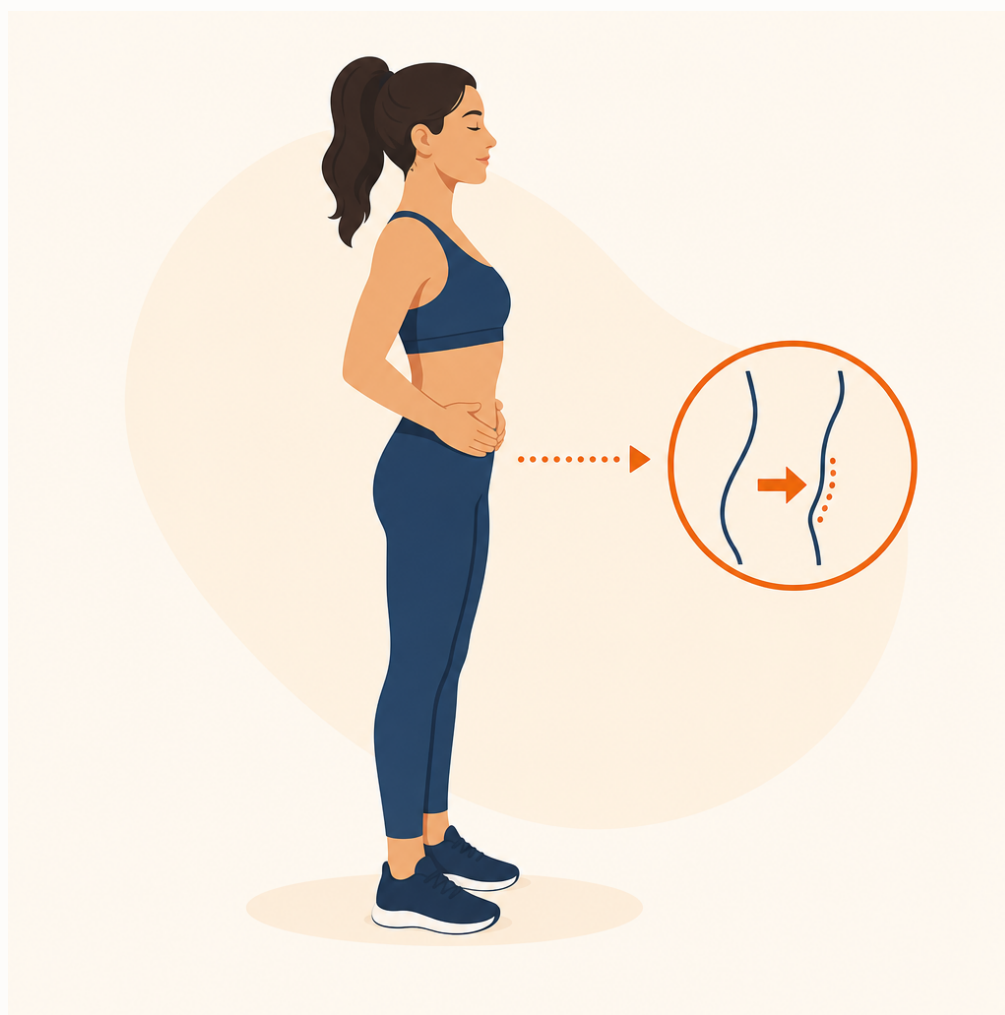
This teaches your core to stay stable while your limbs move.

The Modified Plank: Start on your forearms and knees. Keep your body in a straight line from shoulders to knees. Hold as long as you can with good form, even if that is just ten seconds. This builds overall core endurance.

Do all five in order. They flow from standing to seated to floor, so you transition smoothly.

EXECUTION MOVES

- 1 Practice each exercise once without worrying about time or reps
- 2 Film yourself on your phone to check your form from the side
- 3 Write down how long you held the plank and how the moves felt
- 4 Do all five moves in sequence tomorrow, timing yourself



Standing Core Pull Exercise

PHASE 02

Stack Your Five Minutes

IN SHORT

Turn the five exercises into one smooth daily routine under five minutes

Now that you know the moves, you need a routine that actually fits your life. The goal is not to exhaust yourself. The goal is to show up, do the work, and move on with your day.

Here is your timed structure. Set a timer on your phone so you are not watching the clock.

Minute one: Standing Core Pull. Do eight slow reps, holding each pull for three seconds. Breathe out as you pull in. This is your warm-up and your core activation.

Minute two: Seated Twist. Ten twists total, five each side, moving slowly and feeling the stretch. Keep your hips facing forward. The twist comes from your waist, not your shoulders.

Minute three: Floor Bridge. Twelve reps, lifting for two seconds, lowering for three. If you have a soft surface, use a towel or mat. If not, a carpeted floor works fine.

Minute four: Dead Bug. Eight slow switches, four each side. The slower you go, the harder your core works. If your back arches, do not lower your leg as far.

Minute five: Modified Plank. Hold for as long as you can with good form. When you need to stop, rest ten seconds, then hold again until the minute ends. Even short holds add up.

Total time: five minutes. If you finish early, use extra seconds for another plank hold or slower reps.

Pick one trigger time: right after waking, before your shower, during a work break, or before bed. Same time daily builds the habit faster than perfect timing.

EXECUTION MOVES

- 1 Set a recurring phone alarm for your chosen five-minute window
- 2 Do the full timed routine once today, noting where you struggled
- 3 Place a yoga mat or towel in your exercise spot so it is always ready
- 4 Track your plank hold time in a simple note on your phone

Five-Minute Routine Flow



Five-Minute Routine Flow

PHASE 03

Start Your 30-Day Challenge

IN SHORT

Structure the first thirty days with clear weekly milestones and built-in recovery

Thirty days is long enough to build a habit and short enough to not feel overwhelming. This challenge is not about doing more every day. It is about showing up every day.

Week one: Learn the routine. Focus on form, not speed. Your body is learning new movement patterns. Expect some muscle awareness in your lower abs and sides. That is your core waking up. Do all five minutes daily.

Take one day completely off if you feel sore.

Week two: Add intention. Now that the moves feel familiar, slow down. Make each rep count. Add two extra reps to the Standing Core Pull and Seated Twist. Your plank hold should start feeling slightly easier. Keep your daily timing consistent.

Week three: Test a small progression. Move from the Modified Plank on knees to a full plank on toes for as long as you can, then drop to knees to finish the minute. If that is too much, stay on knees but

add five seconds to each hold.

The Dead Bug can extend lower if your back stays flat.

Week four: Own the routine. You should know these moves without thinking. Focus on your breathing. Exhale on effort for every exercise. This is when the habit starts feeling automatic. You may notice your posture improving or your waistband fitting differently.

After day thirty, you have a choice. Continue the five-minute routine as maintenance, or explore more advanced training. The next section shows you how.

EXECUTION MOVES

- 1 Mark day one on your calendar and count forward thirty days
- 2 Take a front and side photo today for your personal reference
- 3 Write down one non-scale goal, like 'hold plank thirty seconds' or 'no back pain after sitting'
- 4 Check off each completed day on a simple paper calendar you see daily

Recommended resource

30-Day-Rebuild Challenge

Want Accountability for your 30-Day-Rebuild Challenge - Join Ours

30-Day Challenge Framework



30-Day Challenge Framework

PHASE 04

Follow the 7-Day Meal Plan

IN SHORT

Provide simple, core-friendly meals that reduce bloating and support the exercise routine

Exercise alone will not flatten your tummy if your diet works against you. This meal plan is not about starvation or complicated cooking. It is about reducing foods that cause bloating and including foods that support muscle recovery and steady energy.

Core principles for all seven days: Eat until satisfied, not stuffed. Drink water before meals. Chew slowly. These habits reduce the air and pressure that puff out your midsection.

Simple 7-Day Meal Plan for a Flatter Tummy

Day 1

Breakfast: Greek yogurt with blueberries and walnuts.

Lunch: Grilled chicken salad with cucumber, tomato and avocado.

Dinner: Baked salmon with roasted broccoli and a small sweet potato.

Snack: Apple with peanut butter.

Day 2

Breakfast: Two eggs with whole-grain toast and berries.

Lunch: Turkey and avocado wrap with a side salad.

Dinner: Chicken stir-fry with mixed vegetables and brown rice.

Snack: Greek yogurt.

Day 3

Breakfast: Oatmeal with banana, cinnamon and walnuts.

Lunch: Tuna salad with mixed greens, cucumber and tomato.

Dinner: Turkey meatballs with roasted vegetables and quinoa.

Snack: Berries with a handful of almonds.

Day 4

Breakfast: Scrambled eggs with spinach and whole-grain toast.

Lunch: Chicken and vegetable bowl with brown rice.

Dinner: Baked white fish with green beans and roasted potatoes.

Snack: Apple with a handful of walnuts.

Day 5

Breakfast: Greek yogurt with strawberries and chia seeds.

Lunch: Turkey sandwich on whole-grain bread with veggie sticks.

Dinner: Grilled chicken with roasted zucchini and sweet potato.

Snack: Banana with peanut butter.

Day 6

Breakfast: Oatmeal with blueberries and cinnamon.

Lunch: Chicken Caesar-style salad with light dressing.

Dinner: Lean beef or turkey tacos with lettuce, tomato, avocado and salsa.

Snack: Greek yogurt with berries.

Day 7

Breakfast: Two eggs with avocado toast and berries.

Lunch: Tuna or chicken wrap with cucumber salad.

Dinner: Salmon or chicken with roasted vegetables and brown rice.

Snack: Apple with almonds.

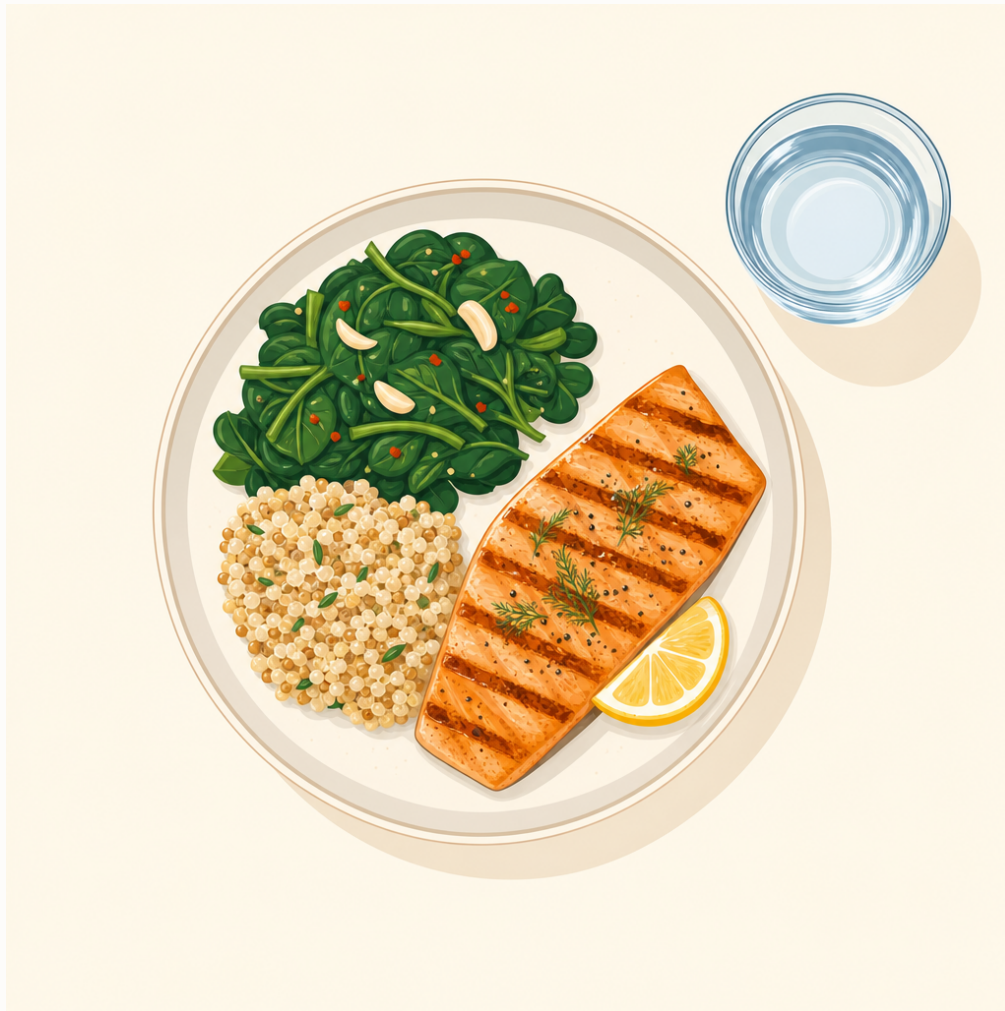
Snacks appear only if you are genuinely hungry between meals. Apple slices with almond butter, a handful of unsalted almonds, or cucumber with hummus.

Foods to limit this week: carbonated drinks, excess salt, artificial sweeteners, and very large late-night meals. These are common bloating triggers for many women.

You do not need to weigh food or count calories. Use your hand as a guide. Protein is palm-sized. Carbs are cupped-hand sized. Fats are thumb-sized. Vegetables are unlimited.

EXECUTION MOVES

- 1 Choose your breakfast for tomorrow and prep tonight if needed
- 2 Buy groceries for three days at a time so food stays fresh
- 3 Take a photo of one full day of meals to see your portions visually
- 4 Notice how your stomach feels two hours after each meal and adjust portions



Core-Friendly Meal Plate

PHASE 05

Connect to Online Fitness Training

IN SHORT

Show how this playbook leads naturally into a structured online program for continued progress

Five minutes a day has changed how you feel. Now you may want more variety, more challenge, or more guidance. Online fitness training is the natural next step, and this playbook was designed to prepare you for it.

You already have the habit. You already know how to engage your core. You already understand that consistency matters more than intensity. These are the exact foundations that make advanced programs work instead of overwhelming you.

What online fitness training typically offers: structured workout videos you follow along with, progressive difficulty that increases as you get stronger, and a schedule so you are not deciding what to do each day. Many programs also include community support, which helps on days when motivation drops.

How to choose a program that fits you: Look for beginner-friendly options that explicitly welcome women new to structured training. Check that the instructor demonstrates modifications for different fitness levels. Make sure the time commitment fits your life, whether that is fifteen minutes or forty.

Read recent reviews from people with similar goals, not just the program's marketing.

What to expect when you start: Your first week may feel like a step up in intensity. That is normal. Your core is already stronger from this playbook, so you will adapt faster than if you had started cold.

You may also notice exercises feel more familiar because you understand how to brace your midsection.

This playbook is your foundation. Online training is your expansion. You are ready.

EXECUTION MOVES

- 1 List your must-haves in a program: time per day, equipment needed, live or recorded classes
- 2 Search for three programs this week and watch their free sample workouts
- 3 Note which instructor style makes you feel capable, not inadequate
- 4 Schedule your first week of any new program before you pay, to protect your commitment

Recommended resource

Group Coaching with Tatyana

Group Coaching with Tatyana

PHASE 06

Keep Going Beyond Thirty Days

IN SHORT

Give a clear maintenance plan and long-term habit structure so results last

Day thirty is not the finish line. It is proof that you can stick with something. The question is what happens next, and the answer depends on what you want.

If you want to maintain: Keep doing your five-minute routine three to four days per week. Use the 7-day meal plan as your default template, rotating meals you enjoyed. This takes almost no mental effort and preserves what you have built.

If you want to progress: Add the online training program you selected. Keep your five-minute routine as a warm-up on training days or a quick option on busy days. You now have two gears: maintenance mode and progress mode.

If life gets chaotic: Do not abandon everything. Drop to the Standing Core Pull and Modified Plank only. Two minutes is infinitely better than zero. The habit of showing up is more valuable than any single workout.

Monthly check-ins with yourself: On the first of each month, take a photo, note your plank hold time, and ask how your clothes fit. These markers tell you more than a scale. If you drift, return to this playbook for a full week to reset.

The women who keep their results are not the ones who never miss a day. They are the ones who miss a day, then show up the next day without drama. You have already proven you can do that.

This playbook stays yours. Open it anytime you need to begin again.

EXECUTION MOVES

- 1 Choose your path this week: maintain, progress, or prepare for busy seasons
- 2 Set a monthly phone reminder for your check-in photo and notes
- 3 Bookmark this playbook on your device so you can find it quickly
- 4 Write one sentence about how you feel today to read on hard days ahead

Maintain or Progress Paths

Option A	Option B
• Maintain: 3-4 days/week • Maintain: Default meal plan	• Progress: Add online program • Progress: Increase difficulty

Maintain or Progress Paths

CONCLUSION

Where to go from here

You started with a simple goal: a flatter tummy without giving up your life to get it. You now have five exercises that work, a timed routine that fits in any day, a 30-day challenge to make it stick, a week of meals that support your body, and a clear path forward.

The hardest part of any fitness journey is not the exercise. It is starting, then starting again, then starting again after that. You have done the first part. The rest is just repetition. Keep this playbook where you will see it.

Use it when you need a reset. Share it with a friend who needs the same simplicity you did. And remember: five minutes, five moves, one day at a time. That is enough. You are enough. Keep going.

What you'll have built

You have completed your first 30 days, you know five core exercises by heart, you feel stronger and tighter in your midsection, and you have a simple meal template you can repeat. You also know exactly how to continue with more advanced training if you want to keep going

FINAL CHECKLIST

- ☐ Complete your daily core workout in under five minutes with no equipment needed
- ☐ Build an actual habit with a structured 30-day challenge instead of guessing what to do
- ☐ Reduce bloating and support your midsection with a simple 7-day meal plan
- ☐ Know exactly how to transition into more advanced online fitness training when you are ready
- ☐ Modify every exercise to your current fitness level without feeling left behind
- ☐ Maintain your results long-term with a clear maintenance plan that fits real life

RESOURCES

Resources & Links

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