



MONTH 1

C'MON, LET'S WORK IT!

BEFORE YOU BEGIN, MAKE SURE TO WATCH
"SECRETS TO FLAT ABS"



WEEK 1

WEEK 2

WEEK 3

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FAT BURNING CARDIO 	FAT BURNING CARDIO 	AB SCULPT 	FAT BURNING CARDIO 	FAT BURNING CARDIO 	AB SCULPT 	REST, WALK, OR BE ACTIVE
FAT BURNING CARDIO 	FAT BURNING CARDIO AB SCULPT 	FAT BURNING CARDIO AB SCULPT 	AB SCULPT 	FAT BURNING CARDIO AB SCULPT 	FAT BURNING CARDIO AB SCULPT 	REST, WALK, OR BE ACTIVE
FAT BURNING CARDIO AB SCULPT 	TOTAL BODY BURN 	FAT BURNING CARDIO HIPS, BUNS, AND THIGHS 	FAT BURNING CARDIO AB SCULPT 	TOTAL BODY BURN 	AB SCULPT 	REST, WALK, OR BE ACTIVE
TOTAL BODY BURN 	FAT BURNING CARDIO AB SCULPT 	FAT BURNING CARDIO HIPS, BUNS, AND THIGHS 	TOTAL BODY BURN 	FAT BURNING CARDIO AB SCULPT 	FAT BURNING CARDIO HIPS, BUNS, AND THIGHS 	CONGRATULATIONS! <input type="checkbox"/> TAKE YOUR "AFTER" PHOTOS AND MEASUREMENTS

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**Hip
Hop ABS**