

# Ultimate Abs

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>MOVE TO LOSE:</b> Abs 1 10 Minutes Abs 2 10 Minutes	<b>HIIT:</b> Core 30 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes	<b>DEFINITIONS:</b> Core Blast Pilates 30 Minutes	<b>MOVE TO LOSE:</b> Abs 1 10 Minutes Abs 2 10 Minutes	DAY OFF	<b>HIIT:</b> Core 30 Minutes Belly Blast 10 minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>DEFINITIONS:</b> Core Blast Pilates 30 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes	<b>HIIT:</b> Core 30 Minutes Belly Blast 10 minutes Booty Blast 10 Minutes	<b>MOVE TO LOSE:</b> Abs 1 10 Minutes Abs 2 10 Minutes	<b>DEFINITIONS:</b> Core Blast Pilates 30 Minutes	DAY OFF	<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<b>HIIT:</b> Core 30 Minutes Belly Blast 10 minutes	<b>MOVE TO LOSE:</b> Abs 1 10 Minutes Abs 2 10 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes	<b>DEFINITIONS:</b> Core Blast Pilates 30 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes	DAY OFF	<b>HIIT:</b> Core 30 Minutes Belly Blast 10 minutes Booty Blast 10 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes	<b>HIIT:</b> Core 30 Minutes Belly Blast 10 Minutes	<b>DEFINITIONS:</b> Core Blast Pilates 30 Minutes	<b>MOVE TO LOSE:</b> Abs 1 10 Minutes Abs 2 10 Minutes	<b>POWER 20:</b> Cardio Kickbox 20 minutes Muffin Top Melter 10 minutes	DAY OFF	<b>HIIT:</b> Core 30 Minutes Belly Blast 10 minutes Booty Blast 10 Minutes