

START DATE: \_\_\_\_\_

FINISH DATE: \_\_\_\_\_

# HIP HOP ABS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	FAT BURNING CARDIO	FAT BURNING CARDIO	AB SCULPT	FAT BURNING CARDIO	FAT BURNING CARDIO	AB SCULPT	REST
WEEK 2	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
WEEK 3	FAT BURNING CARDIO AB SCULPT	TOTAL BODY BURN	FAT BURNING CARDIO HIPS, BUNS, AND THIGHS	FAT BURNING CARDIO AB SCULPT	FAT BURNING CARDIO AB SCULPT	AB SCULPT	REST
WEEK 4	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	REST

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