



Phase 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Day Off	Total Strength Mercy Abs	Fire Up Your Abs	Power Intervals	Total Strength Mercy Abs	Fire Up Your Abs	Power Intervals
Day Off	Power Intervals	Fire Up Your Abs	Total Strength Mercy Abs	Power Intervals	Fire Up Your Abs	Power Intervals
Day Off	Total Strength Mercy Abs	Fire Up Your Abs	Power Intervals	Total Strength Mercy Abs	Fire Up Your Abs	Power Intervals
Day Off	Power Intervals	Fire Up Your Abs	Total Strength Mercy Abs	Power Intervals	Fire Up Your Abs	Power Intervals
Day Off	Total Strength Mercy Abs	Fire Up Your Abs	Fat-Burning Abs	Power Intervals 2	Strength & Endurance Merciless Abs	Fat-Burning Abs

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Phase 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Fat-Burning Abs	Power Intervals 2	Strength & Endurance Merciless Abs	Fat-Burning Abs
Day Off	Strength & Endurance Merciless Abs	Rev It Up	Power Intervals 2	Strength & Endurance Merciless Abs	Rev It Up	Fat-Burning Abs
Day Off	Fat-Burning Abs	Power Intervals 2	Strength & Endurance Merciless Abs	Fat-Burning Abs	Power Intervals 2	Rev It Up
Day Off	Strength & Endurance	Rev It Up	Power	Strength & Endurance	Rev It Up	Fat-Burning