



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 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		