

Start Date:			Ab MAXIMIZER
BF%:			
Weight:			
			arnelbanawa.blogspot.com

Phase 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cardio Challenge	Tabata Power	Sweat Intervals	Tabata Power	Friday Fight Round 1	Pulse	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 2	Cardio Challenge Ab Attack: 10	Tabata Power	Sweat Intervals Ab Attack: 10	Tabata Power	Friday Fight Round 1	Pulse Ab Attack: 10	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 3	Cardio Challenge MAX OUT Abs	Tabata Power	Sweat Intervals 360 Abs	Tabata Power	Friday Fight Round 1	Pulse Ab Attack: 10	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		
Week 4	Cardio Challenge 360 Abs	Tabata Power	Sweat Intervals MAX OUT Abs	Tabata Power	Friday Fight Round 1	Pulse Ab Attack: 10	Rest
	MAX OUT	MAX OUT	MAX OUT	MAX OUT	MAX OUT		