

Fall FLAT ABS Challenge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 SummerGirl FITNESS	29	30	1 CHALLENGE STARTS! COMPLETE CORE VIDEO	2 COMPLETE 20 MIN OF CARDIO	3 COMPLETE CORE VIDEO	4 SUMMERGIRL YOGA FLOW VIDEO
5 COMPLETE 20 MIN OF CARDIO	6 WEEK 1 FLAT ABS VIDEO	7 COMPLETE CORE VIDEO	8 WEEK 1 PRINTABLE AB ROUTINE	9 WEEK 1 FLAT ABS VIDEO	10 WEEK 1 PRINTABLE AB ROUTINE	11 SUMMERGIRL YOGA FLOW VIDEO
12 COMPLETE 30 MIN OF CARDIO	13 WEEK 2 FLATABS VIDEO	14 COMPLETE CORE VIDEO	15 WEEK 2 PRINTABLE AB ROUTINE	16 WEEK 2 FLATABS VIDEO	17 WEEK 2 PRINTABLE AB ROUTINE	18 SUMMERGIRL YOGA FLOW VIDEO
19 COMPLETE 40 MIN OF CARDIO	20 WEEK 3 FLAT ABS VIDEO	21 COMPLETE CORE VIDEO	22 WEEK 3 PRINTABLE AB ROUTINE	23 WEEK 3 FLAT ABS VIDEO	24 WEEK 3 PRINTABLE AB ROUTINE	25 SUMMERGIRL YOGA FLOW VIDEO
26 COMPLETE 45 MIN OF CARDIO	27 WEEK 4 FLAT ABS VIDEO	28 COMPLETE CORE VIDEO	29 WEEK 4 PRINTABLE AB ROUTINE	30 WEEK 4 FLAT ABS VIDEO	31 WEEK 4 PRINTABLE AB ROUTINE	1