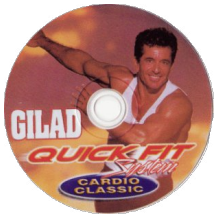
Combine Gilad's Quick Fit System with Lord Of The Abs

DAY 1: Cardio Classic and Phenomenal Abs



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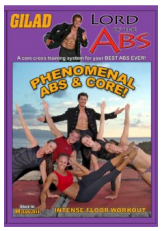

DAY 2: Cardio Strike and Core Challenge

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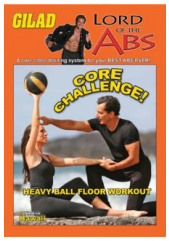

DAY 3: Cardio Blast and Hip, Thighs & Buns

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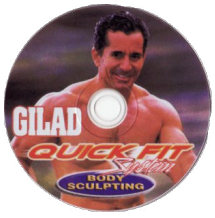
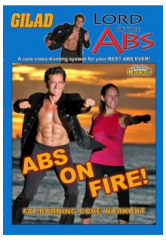


DAY 4: Maximum Abs and Chest & Back

DAY 5: Abs On Fire and Shoulders & Arms



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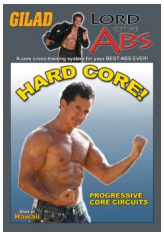
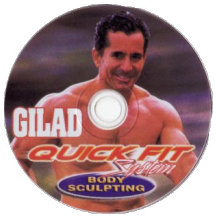
DAY 6: Hard Core



DAY 7: Abs



DAY 8: Rest day

Day 9: Begin cycle over