

# Gilad's 2019 - 60-Day Fitness Challenge

CYCLE 1		CYCLE 2		CYCLE 3		CYCLE 4		CYCLE 5	
Day 1 ☐	<b>Phenomenal Abs</b>	Day 13 ☐	Max Abs	Day 25 ☐	<b>Maximum Abs</b>	Day 37 ☐	<b>Maximum Abs</b>	Day 49 ☐	<b>Maximum Abs</b>
Day 2 ☐	<b>Cuts and Curves</b>	Day 14 ☐	Core Challenge	Day 26 ☐	<b>Phenomenal Abs</b>	Day 38 ☐	<b>Phenomenal Abs</b>	Day 50 ☐	<b>Phenomenal Abs</b>
Day 3 ☐	<b>Core Challenge</b>	Day 15 ☐	Cuts & Curves	Day 27 ☐	<b>Cuts &amp; Curves</b>	Day 39 ☐	<b>Cuts &amp; Curves</b>	Day 51 ☐	<b>Cuts &amp; Curves</b>
Day 4 ☐	<b>Maximum Abs</b>	Day 16 ☐	Phenomenal Abs	Day 28 ☐	<b>Core Challenge + Abs on Fire</b>	Day 40 ☐	<b>Core Challenge + Abs on Fire</b>	Day 52 ☐	<b>Core Challenge + Abs on Fire</b>
Day 5 ☐	<b>Step Aerobics</b>	Day 17 ☐	<b>Step Aerobics</b>	Day 29 ☐	<b>Step Aerobics</b>	Day 41 ☐	<b>Step Aerobics</b>	Day 53 ☐	<b>Step Aerobics</b>
Day 6 ☐	<b>REST</b>	Day 18 ☐	<b>REST</b>	Day 30 ☐	<b>REST</b>	Day 42 ☐	<b>REST</b>	Day 54 ☐	<b>REST</b>
Day 7 ☐	<b>Core &amp; More</b>	Day 19 ☐	Power & Grace	Day 31 ☐	<b>Power &amp; Grace</b>	Day 43 ☐	<b>Power &amp; Grace</b>	Day 55 ☐	<b>Power &amp; Grace + Core Challenge</b>
Day 8 ☐	<b>Abs on Fire</b>	Day 20 ☐	Core & More	Day 32 ☐	<b>Core &amp; More</b>	Day 44 ☐	<b>Core &amp; More</b>	Day 56 ☐	<b>Core &amp; More</b>
Day 9 ☐	<b>Hard Core</b>	Day 21 ☐	Abs on Fire	Day 33 ☐	<b>Abs on Fire</b>	Day 45 ☐	<b>Abs on Fire</b>	Day 57 ☐	<b>Abs on Fire + Cuts &amp; Curves</b>
Day 10 ☐	<b>Power &amp; Grace</b>	Day 22 ☐	Hard Core	Day 34 ☐	<b>Hard Core</b>	Day 46 ☐	<b>Hard Core</b>	Day 58 ☐	<b>Hard Core</b>
Day 11 ☐	<b>Step &amp; Tone</b>	Day 23 ☐	<b>Step &amp; Tone</b>	Day 35 ☐	<b>Step &amp; Tone</b>	Day 47 ☐	<b>Step &amp; Tone</b>	Day 59 ☐	<b>Step &amp; Tone</b>
Day 12 ☐	<b>REST</b>	Day 24 ☐	<b>REST</b>	Day 36 ☐	<b>REST</b>	Day 48 ☐	<b>REST</b>	Day 60 ☐	<b>REST</b>