21
DAY

WORKOUT
PLAN

Workout Schedule

☐ **DAY 1**
Workout #1

☐ **DAY 2**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 1
AS SEEN ON TV

☐ **DAY 12**
Workout #1

☐ **DAY 13**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 1
AS SEEN ON TV

☐ **DAY 3**
Workout #1

☐ **DAY 4**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 2
AS SEEN ON TV

☐ **DAY 14**
Workout #1

☐ **DAY 15**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 2
AS SEEN ON TV

☐ **DAY 5**
Workout #1

☐ **DAY 6**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 3
AS SEEN ON TV

☐ **DAY 16**
Workout #1

☐ **DAY 17**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 3
AS SEEN ON TV

☐ **DAY 7**
Workout #1

☐ **DAY 8**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 4
AS SEEN ON TV

☐ **DAY 18**
Workout #1

☐ **DAY 19**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 4
AS SEEN ON TV

☐ **DAY 9**
Workout #1

☐ **DAY 10**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 5
AS SEEN ON TV

☐ **DAY 20**
Workout #1

☐ **DAY 21**
Workout #2

GILAD
BODIES IN MOTION
30th Anniversary Shows!
TWO COMPLETE WORKOUTS
VOLUME 5
AS SEEN ON TV

☐ **DAY ELEVEN**

REST DAY!

Congratulations!

Well Done!