

GILAD'S 21-Day Core, Cardio & Butt Challenge



WEEK 1

WEEK 2

WEEK 3

CORE

DAY 1

Core & More

(63 min)
Ultimate Body Sculpt



DAY 8

Core & More

(63 min)
Ultimate Body Sculpt



DAY 15

Core & More

(63 min)
Ultimate Body Sculpt



CARDIO

DAY 2

Abs On Fire

(50 min)
Lord of the Abs



DAY 9

Abs On Fire

(50 min)
Lord of the Abs



DAY 16

Abs On Fire

(50 min)
Lord of the Abs



BUTT

DAY 3

Power & Grace

(60 min)
Ultimate Body Sculpt



DAY 10

Power & Grace

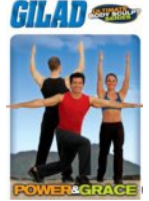
(60 min)
Ultimate Body Sculpt



DAY 17

Power & Grace

(60 min)
Ultimate Body Sculpt



CARDIO

DAY 4

Cardio Strike

(34 min)
The Quick Fit System



DAY 11

Cardio Strike

(34 min)
The Quick Fit System

Best Butt & Abs
(30 min)
Xcelerate-4



DAY 18

Cardio Strike

(34 min)
The Quick Fit System

Best Butt & Abs
(30 min)
Xcelerate-4

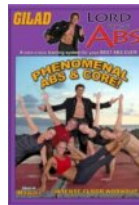


CORE

DAY 5

Phenomenal Abs & Core

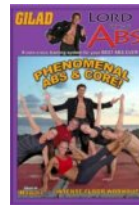
(50 min)
Lord of the Abs



DAY 5

Phenomenal Abs & Core

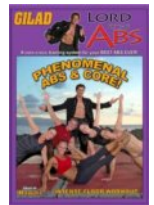
(50 min)
Lord of the Abs



DAY 5

Phenomenal Abs & Core

(50 min)
Lord of the Abs



CORE
CARDIO
BUTT

DAY 6

Best Butt & Abs

(30 min)
Xcelerate-4

Burn It Off

(44 min)
Xcelerate-4



DAY 13

Best Butt & Abs

(30 min)
Xcelerate-4

Burn It Off

(44 min)
Xcelerate-4



DAY 20

Best Butt & Abs

(30 min)
Xcelerate-4

Burn It Off

(44 min)
Xcelerate-4



REST

DAY 7

Rest, or other fitness activities such as games, walks, hikes etc.

REST DAY!

DAY 14

Rest, or other fitness activities such as games, walks, hikes etc.

REST DAY!

DAY 21

Congratulations challenge completed! Day of sharing! Post to our FB group and let us know how you did!