

GILAD'S 21-DAY CROSS TRAINING CHALLENGE

WEEK 3

WEEK 1

DAY 1

Cardio Classic

(32 min)
Quick Fit System

and

Core Challenge

(10 min)
Express Workouts



DAY 2

Cuts & Curves

(60 min)
Ultimate Body Sculpt



DAY 3

Cardio Strike

(34 min)
Quick Fit System

and

Core Challenge

(10 min)
Express Workouts



DAY 4

Core & More

(62 min)
Ultimate Body Sculpt



DAY 5

Cardio Blast

(36 min)
Quick Fit System

and

Arms Workout

(10 min)
Express Workouts



DAY 6

Power & Grace

(60 min)
Ultimate Body Sculpt



DAY 7

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

REST
DAY!

WEEK 2

DAY 8

Cardio Classic

(32 min)
Quick Fit System

and

Core Challenge

(10 min)
Express Workouts



DAY 9

Cuts & Curves

(60 min)
Ultimate Body Sculpt



DAY 10

Cardio Strike

(34 min)
Quick Fit System

and

Core Challenge

(10 min)
Express Workouts



DAY 11

Core & More

(62 min)
Ultimate Body Sculpt



DAY 12

Cardio Blast

(36 min)
Quick Fit System

and

Arms Workout

(10 min)
Express Workouts



DAY 13

Power & Grace

(60 min)
Ultimate Body Sculpt



DAY 14

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

REST
DAY!

DAY 15

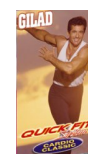
Cardio Classic

(32 min)
Quick Fit System

and

Core Challenge

(10 min)
Express Workouts



DAY 16

Cuts & Curves

(60 min)
Ultimate Body Sculpt



DAY 17

Cardio Strike

(34 min)
Quick Fit System

and

Core Challenge

(10 min)
Express Workouts



DAY 18

Core & More

(62 min)
Ultimate Body Sculpt



DAY 19

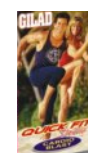
Cardio Blast

(36 min)
Quick Fit System

and

Arms Workout

(10 min)
Express Workouts



DAY 20

Power & Grace

(60 min)
Ultimate Body Sculpt



DAY 21

Cardio Classic

(32 min)
Quick Fit System

and

Core Challenge

(10 min)
Express Workouts

