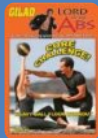


Gilad's 21-Day Cardio Core Challenge

DAY
1



LORD OF THE ABS
CORE CHALLENGE
&
EXPRESS WORKOUTS
CARDIO BASICS

DAY
12



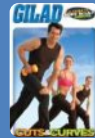
LORD OF THE ABS
CORE CHALLENGE
&
EXPRESS WORKOUTS
CARDIO BASICS

DAY
2



ULTIMATE BODY SCULPT
CUTS & CURVES
&
EXPRESS WORKOUTS
CORE CHALLENGE

DAY
13



ULTIMATE BODY SCULPT
CUTS & CURVES
&
EXPRESS WORKOUTS
CORE CHALLENGE

DAY
3



LORD OF THE ABS
PHENOMENAL ABS

DAY
14



LORD OF THE ABS
PHENOMENAL ABS

DAY
4



LORD OF THE ABS
MAXIMUM ABS

DAY
15



LORD OF THE ABS
MAXIMUM ABS

DAY
5



ELITE FORCES

DAY
16



ELITE FORCES

DAY
6



ULTIMATE BODY SCULPT
CORE & MORE
&
EXPRESS WORKOUTS
CARDIO CHALLENGE

DAY
17



ULTIMATE BODY SCULPT
CORE & MORE
&
EXPRESS WORKOUTS
CARDIO CHALLENGE

DAY
7



LORD OF THE ABS
ABS ON FIRE

DAY
18



LORD OF THE ABS
ABS ON FIRE

DAY
8



LORD OF THE ABS
HARD CORE

DAY
19



LORD OF THE ABS
HARD CORE

DAY
9



ULTIMATE BODY SCULPT
POWER & GRACE

DAY
20



ULTIMATE BODY SCULPT
POWER & GRACE

DAY
10



ELITE FORCES

DAY
21



ELITE FORCES

DAY
11

REST DAY

WELL DONE!