

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



WEEK 1

WEEK 2

WEEK 3

CORE
BUTT

DAY 1
Core & More
(63 min)
Ultimate Body Sculpt
Best Butt & Abs
(30 min)
Xcelerate-4



DAY 8
Core & More
(63 min)
Ultimate Body Sculpt
Best Butt & Abs
(30 min)
Xcelerate-4



DAY 15
Core & More
(63 min)
Ultimate Body Sculpt
Best Butt & Abs
(30 min)
Xcelerate-4



CARDIO

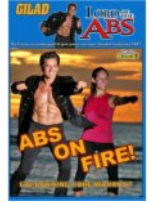
DAY 2
Abs On Fire
(50 min)
Lord of the Abs



DAY 9
Abs On Fire
(50 min)
Lord of the Abs

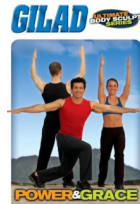


DAY 16
Abs On Fire
(50 min)
Lord of the Abs

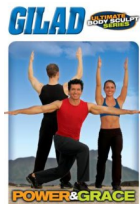


BUTT

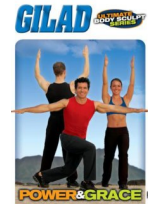
DAY 3
Power & Grace
(60 min)
Ultimate Body Sculpt



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
Best Butt & Abs
(30 min)
Xcelerate-4



DAY 11
Cardio Strike
(34 min)
The Quick Fit System
Best Butt & Abs
(30 min)
Xcelerate-4

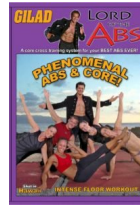


DAY 18
Cardio Strike
(34 min)
The Quick Fit System
Best Butt & Abs
(30 min)
Xcelerate-4

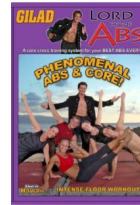


CORE

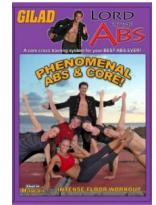
DAY 5
Phenomenal Abs & Core
(50 min)
Lord of the Abs



DAY 5
Phenomenal Abs & Core
(50 min)
Lord of the Abs

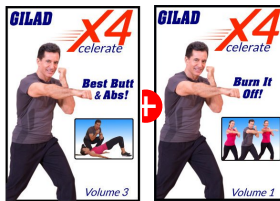


DAY 5
Phenomenal Abs & Core
(50 min)
Lord of the Abs



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.



DAY 14
Rest, or other fitness activities such as games, walks, hikes etc.



DAY 21
Congratulations challenge completed!
Day of sharing! Post to our FB group and let us know how you did!