

GILAD's Own 30-Day Challenge

DAY-1
 THE QUICK FIT SYSTEM
CARDIO STRIKE 34 min. + EXPRESS WORKOUTS
STRENGTH & BALANCE 9:30 min.

DAY-2
 LORD OF THE ABS
PHENOMINAL ABS 50 min. + EXPRESS WORKOUTS
BACK 9:15 min.

DAY-3
 ULTIMATE BODY SCULPT
POWER & GRACE 54 min.

DAY-4
 LORD OF THE ABS
ABS ON FIRE 45 min. + EXPRESS WORKOUTS
CHEST 9:10 min.

DAY-5
 LORD OF THE ABS
CORE CHALLENGE 40 min. + EXPRESS WORKOUTS
SHOULDERS 8:30 min.
ARMS 9:15 min. TWO WORKOUTS

DAY-6
ELITE FORCES 60 min. + EXPRESS WORKOUTS
COOL DOWN 5:10 min.

DAY-7 REST DAY

DAY-8
 ULTIMATE BODY SCULPT
CORE & MORE 63 min. + EXPRESS WORKOUTS
COMPOUND STRENGTH 7:35 min.

DAY-9
 LORD OF THE ABS
HARD CORE 60 min. + EXPRESS WORKOUTS
BACK 9:15 min.
CHEST 9:10 min.

DAY-10
 ULTIMATE BODY SCULPT
CUTS & CURVES 60 min. + EXPRESS WORKOUTS
CARDIO CHALLENGE 9:00 min.

DAY-11
 LORD OF THE ABS
MAXIMUM ABS 50 min. + EXPRESS WORKOUTS
BUNS & THIGHS 8:40 min.

DAY-12
 THE QUICK FIT SYSTEM
CARDIO STRIKE 34 min. + EXPRESS WORKOUTS
STRENGTH & BALANCE 9:30 min.

DAY-13
 LORD OF THE ABS
PHENOMINAL ABS 50 min. + EXPRESS WORKOUTS
SHOULDERS 9:15 min.
ARMS 9:15 min.

DAY-14 REST DAY

DAY-15
 ULTIMATE BODY SCULPT
POWER & GRACE 54 min. + EXPRESS WORKOUTS
STRENGTH & BALANCE 9:30 min.

DAY-16
 LORD OF THE ABS
ABS ON FIRE 45 min. + EXPRESS WORKOUTS
BACK 9:15 min.
CHEST 9:10 min.

DAY-17
 LORD OF THE ABS
CORE CHALLENGE 40 min. + EXPRESS WORKOUTS
SHOULDERS 8:30 min.
ARMS 9:15 min. TWO WORKOUTS

DAY-18
ELITE FORCES 60 min. + EXPRESS WORKOUTS
COOL DOWN 5:10 min.

DAY-19
 ULTIMATE BODY SCULPT
CORE & MORE 63 min. + EXPRESS WORKOUTS
COMPOUND STRENGTH 7:35 min.

DAY-20
 LORD OF THE ABS
HARD CORE 60 min. + EXPRESS WORKOUTS
CARDIO CHALLENGE 9:00 min.

DAY-21 REST DAY

DAY-22
 ULTIMATE BODY SCULPT
CUTS & CURVES 60 min. + EXPRESS WORKOUTS
CARDIO CHALLENGE 9:00 min.

DAY-23
 THE QUICK FIT SYSTEM
CARDIO STRIKE 34 min. + EXPRESS WORKOUTS
CARDIO CHALLENGE 9:00 min.

DAY-24
 LORD OF THE ABS
MAXIMUM ABS 50 min. + EXPRESS WORKOUTS
BUNS & THIGHS 8:40 min.

DAY-25
 ULTIMATE BODY SCULPT
POWER & GRACE 54 min. + EXPRESS WORKOUTS
SHOULDERS 8:30 min.
ARMS 9:15 min.

DAY-26
 LORD OF THE ABS
ABS ON FIRE 45 min. + EXPRESS WORKOUTS
COMPOUND STRENGTH 9:10 min.

DAY-27
 LORD OF THE ABS
PHENOMINAL ABS 50 min. + EXPRESS WORKOUTS
BACK 9:15 min.
CHEST 9:10 min.

DAY-28 REST DAY

DAY-29
 LORD OF THE ABS
HARD CORE 50 min. + EXPRESS WORKOUTS
COMPOUND STRENGTH 7:35 min.

DAY-30
 ULTIMATE BODY SCULPT
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CARDIO CHALLENGE 9:00 min.

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