

Gilad's 21-Day Ultimate Quick Fit Challenge

DAY 1	AM THE QUICK FIT SYSTEM CARDIO CLASSIC 30 min.	PM THE QUICK FIT SYSTEM ABS 15 min.
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DAY 2	AM ULTIMATE BODY SCULPT CUTS & CURVES 60 min.	
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DAY 3	AM THE QUICK FIT SYSTEM CARDIO STRIKE 34 min.	PM THE QUICK FIT SYSTEM SHOULD. & ARMS 20 min.
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DAY 4	AM ULTIMATE BODY SCULPT POWER & GRACE 60 min.	
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DAY 5	AM THE QUICK FIT SYSTEM CARDIO BLAST 32 min.	PM THE QUICK FIT SYSTEM HIPS, THIGHS, BUNS 20 min.
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DAY 6	AM ULTIMATE BODY SCULPT CORE & MORE 63 min.	PM THE QUICK FIT SYSTEM CHEST & BACK 18 min.
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DAY 7	AM OFF	PM OFF
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DAY 8	AM THE QUICK FIT SYSTEM CARDIO CLASSIC 30 min.	PM THE QUICK FIT SYSTEM ABS 15 min.
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DAY 9	AM ULTIMATE BODY SCULPT CUTS & CURVES 60 min.	
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DAY 10	AM THE QUICK FIT SYSTEM CARDIO STRIKE 34 min.	PM THE QUICK FIT SYSTEM SHOULD. & ARMS 20 min.
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DAY 11	AM ULTIMATE BODY SCULPT POWER & GRACE 60 min.	
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DAY 12	AM THE QUICK FIT SYSTEM CARDIO CLASSIC 30 min.	PM THE QUICK FIT SYSTEM ABS 15 min.
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DAY 13	AM ULTIMATE BODY SCULPT CUTS & CURVES 60 min.	
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DAY 14	AM OFF	PM OFF
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DAY 15	AM THE QUICK FIT SYSTEM CARDIO STRIKE 34 min.	PM THE QUICK FIT SYSTEM SHOULD. & ARMS 20 min.
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DAY 16	AM ULTIMATE BODY SCULPT POWER & GRACE 60 min.	
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DAY 17	AM THE QUICK FIT SYSTEM CARDIO BLAST 32 min.	PM THE QUICK FIT SYSTEM HIPS, THIGHS, BUNS 20 min.
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DAY 18	AM ULTIMATE BODY SCULPT CORE & MORE 63 min.	PM THE QUICK FIT SYSTEM CHEST & BACK 18 min.
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DAY 19	AM THE QUICK FIT SYSTEM CARDIO CLASSIC 30 min.	PM THE QUICK FIT SYSTEM ABS 15 min.
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DAY 20	AM ULTIMATE BODY SCULPT CUTS & CURVES 60 min.	
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DAY 21	AM THE QUICK FIT SYSTEM CARDIO STRIKE 34 min.	PM THE QUICK FIT SYSTEM SHOULD. & ARMS 20 min.
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**CONGRATULATIONS
WELL DONE!**