

Gilad's 21-Day Core, Cardio and Sculpt Challenge

DAY 1 TOTAL BODY SCULPT
PEAK PERFORMANCE
WORKOUT 1
45 min.

DAY 2 **AM** TOTAL BODY SCULPT
PEAK PERFORMANCE
WORKOUT 2
45 min. | **PM** BODIES IN MOTION
ABS WORKOUTS
40 min.

DAY 3 TOTAL BODY SCULPT
FUNCTIONAL FITNESS
WORKOUT 1
45 min.

DAY 4 **AM** TOTAL BODY SCULPT
FUNCTIONAL FITNESS
WORKOUT 2
45 min. | **PM** ULTIMATE BODY SCULPT
CORE AND MORE
60 min.

DAY 5 TOTAL BODY SCULPT
CUTTING EDGE
WORKOUT 1
45 min.

DAY 6 **AM** TOTAL BODY SCULPT
CUTTING EDGE
WORKOUT 2
45 min. | **PM** LORD OF THE ABS
PHENOMENAL ABS & CORE
50 min.

DAY 7 **AM** OFF | **PM** OFF

DAY 8 TOTAL BODY SCULPT
PEAK PERFORMANCE
WORKOUT 1
45 min.

DAY 9 **AM** TOTAL BODY SCULPT
PEAK PERFORMANCE
WORKOUT 2
45 min. | **PM** BODIES IN MOTION
ABS WORKOUTS
40 min.

DAY 10 TOTAL BODY SCULPT
FUNCTIONAL FITNESS
WORKOUT 1
45 min.

DAY 11 **AM** TOTAL BODY SCULPT
FUNCTIONAL FITNESS
WORKOUT 2
45 min. | **PM** ULTIMATE BODY SCULPT
CORE AND MORE
60 min.

DAY 12 TOTAL BODY SCULPT
CUTTING EDGE
WORKOUT 1
45 min.

DAY 13 **AM** TOTAL BODY SCULPT
CUTTING EDGE
WORKOUT 2
45 min. | **PM** LORD OF THE ABS
PHENOMENAL ABS & CORE
50 min.

DAY 14 **AM** OFF | **PM** OFF

DAY 15 TOTAL BODY SCULPT
PEAK PERFORMANCE
WORKOUT 1
45 min.

DAY 16 **AM** TOTAL BODY SCULPT
PEAK PERFORMANCE
WORKOUT 2
45 min. | **PM** BODIES IN MOTION
ABS WORKOUTS
40 min.

DAY 17 TOTAL BODY SCULPT
FUNCTIONAL FITNESS
WORKOUT 1
45 min.

DAY 18 **AM** TOTAL BODY SCULPT
FUNCTIONAL FITNESS
WORKOUT 2
45 min. | **PM** ULTIMATE BODY SCULPT
CORE AND MORE
60 min.

DAY 19 TOTAL BODY SCULPT
CUTTING EDGE
WORKOUT 1
45 min.

DAY 20 **AM** TOTAL BODY SCULPT
CUTTING EDGE
WORKOUT 2
45 min. | **PM** LORD OF THE ABS
PHENOMENAL ABS & CORE
50 min.

DAY 21 TOTAL BODY SCULPT
PEAK PERFORMANCE
WORKOUT 1
45 min.

**CONGRATULATIONS
WELL DONE!**