

# Gilad's 21-Day Tighter, Stronger and Fitter Challenge!

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

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 4 WORKOUT NO 2  
 21 min. (8)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 5 WORKOUT NO 1  
 21 min. (9)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 5 WORKOUT NO 2  
 21 min. (10)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 4 WORKOUT NO 2  
 21 min. (8)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 5 WORKOUT NO 1  
 21 min. (9)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 5 WORKOUT NO 2  
 21 min. (10)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 4 WORKOUT NO 2  
 21 min. (8)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 5 WORKOUT NO 1  
 21 min. (9)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 5 WORKOUT NO 2  
 21 min. (10)

**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.

**PM**  
 BODIES IN MOTION ANNIVERSARY SHOWS  
 VOL 4 WORKOUT NO 2  
 21 min. (8)

**CONGRATULATIONS  
 WELL DONE!**