

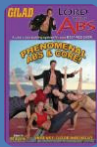
Gilad's 21-Day Lord of the Abs Challenge

DAY
1



LORD OF THE ABS
MAXIMUM ABS
50 min.

DAY
2



LORD OF THE ABS
PHENOMENAL ABS
50 min.

DAY
3



LORD OF THE ABS
HARD CORE
60 min.

DAY
4

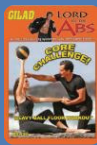
*ENJOY YOUR
REST DAY!*

DAY
5



LORD OF THE ABS
ABS ON FIRE
45 min.

DAY
6



LORD OF THE ABS
CORE CHALLENGE
40 min.

DAY
7

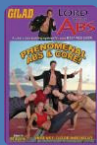
*ENJOY YOUR
REST DAY!*

DAY
8



LORD OF THE ABS
MAXIMUM ABS
50 min.

DAY
9



LORD OF THE ABS
PHENOMENAL ABS
50 min.

DAY
10



LORD OF THE ABS
HARD CORE
60 min.

DAY
11

*ENJOY YOUR
REST DAY!*

DAY
12



LORD OF THE ABS
ABS ON FIRE
45 min.

DAY
13



LORD OF THE ABS
CORE CHALLENGE
40 min.

DAY
14

*ENJOY YOUR
REST DAY!*

DAY
15



LORD OF THE ABS
MAXIMUM ABS
50 min.

DAY
16



LORD OF THE ABS
PHENOMENAL ABS
50 min.

DAY
17



LORD OF THE ABS
HARD CORE
60 min.

DAY
18

*ENJOY YOUR
REST DAY!*

DAY
19



LORD OF THE ABS
ABS ON FIRE
45 min.

DAY
20



LORD OF THE ABS
CORE CHALLENGE
40 min.

DAY
21



LORD OF THE ABS
MAXIMUM ABS
50 min.

*CONGRATULATIONS
WELL DONE!*