

Gilad's 21-Day Lord of the Abs Advanced Challenge

**DAY
1**

LORD OF THE ABS
MAXIMUM ABS
50 min.

**DAY
2**

LORD OF THE ABS
PHENOMENAL ABS
50 min.

XCELERATE-4
BURN IT OFF
43 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.

XCELERATE-4
BEST BUTT & ABS
30 min.

**DAY
6**

LORD OF THE ABS
CORE CHALLENGE
40 min.

XCELERATE-4
TONE EVERY INCH
42 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.

XCELERATE-4
BURN IT OFF
43 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.

XCELERATE-4
BEST BUTT & ABS
30 min.

**DAY
13**

LORD OF THE ABS
CORE CHALLENGE
40 min.

XCELERATE-4
TONE EVERY INCH
42 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.

XCELERATE-4
BURN IT OFF
43 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.

XCELERATE-4
BEST BUTT & ABS
30 min.

**DAY
20**

LORD OF THE ABS
CORE CHALLENGE
40 min.

XCELERATE-4
TONE EVERY INCH
42 min.

**DAY
21**

LORD OF THE ABS
MAXIMUM ABS
50 min.

**CONGRATULATIONS
WELL DONE!**