

# Gilad's 21-Day Fat Burning & Toning Blast Challenge

<b>DAY</b> <b>1</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 1 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO CLASSIC</b> 30 min.

<b>DAY</b> <b>2</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 1 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO STRIKE</b> 34 min.

<b>DAY</b> <b>3</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 2 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO BLAST</b> 34 min.

<b>DAY</b> <b>4</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 2 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO CLASSIC</b> 30 min.

<b>DAY</b> <b>5</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 3 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO STRIKE</b> 30 min.

<b>DAY</b> <b>6</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 3 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO BLAST</b> 34 min.

<b>DAY</b> <b>7</b>	<b>AM</b> <b>OFF</b>	<b>PM</b> <b>OFF</b>

<b>DAY</b> <b>8</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 4 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO CLASSIC</b> 30 min.

<b>DAY</b> <b>9</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 4 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO STRIKE</b> 34 min.

<b>DAY</b> <b>10</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 5 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO BLAST</b> 34 min.

<b>DAY</b> <b>11</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 5 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO CLASSIC</b> 30 min.

<b>DAY</b> <b>12</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 1 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO STRIKE</b> 34 min.

<b>DAY</b> <b>13</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 1 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO BLAST</b> 34 min.

<b>DAY</b> <b>14</b>	<b>AM</b> <b>OFF</b>	<b>PM</b> <b>OFF</b>

<b>DAY</b> <b>15</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 2 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO CLASSIC</b> 30 min.

<b>DAY</b> <b>16</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 2 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO STRIKE</b> 30 min.

<b>DAY</b> <b>17</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 3 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO BLAST</b> 34 min.

<b>DAY</b> <b>18</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 3 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO CLASSIC</b> 30 min.

<b>DAY</b> <b>19</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 4 WORKOUT NO 1</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO STRIKE</b> 34 min.

<b>DAY</b> <b>20</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 4 WORKOUT NO 2</b> 21 min.	<b>PM</b> THE QUICK FIT SYSTEM <b>CARDIO BLAST</b> 34 min.

<b>DAY</b> <b>21</b>	<b>AM</b> BODIES IN MOTION ANNIVERSARY SHOWS <b>VOL 5 WORKOUT NO 1</b> 21 min.	ANY CARDIO WORKOUT OF YOUR CHOICE. CHOOSE FROM: <b>CARDIO CLASSIC, STRIKE OR BLAST</b>

**CONGRATULATIONS  
WELL DONE!**