

# Gilad's 21-Day Full Body Cross Training Challenge



DAY  
1



LORD OF THE ABS  
PHENOMENAL ABS  
50 min.

DAY  
12



LORD OF THE ABS  
PHENOMENAL ABS  
50 min.

DAY  
2



ULTIMATE BODY SCULPT  
CUTS & CURVES  
60 min.

DAY  
13



ULTIMATE BODY SCULPT  
CUTS & CURVES  
60 min.

DAY  
3



LORD OF THE ABS  
CORE CHALLENGE  
40 min.

DAY  
14



LORD OF THE ABS  
CORE CHALLENGE  
40 min.

DAY  
4



LORD OF THE ABS  
MAXIMUM ABS  
50 min.

DAY  
15



LORD OF THE ABS  
MAXIMUM ABS  
50 min.

DAY  
5



ELITE FORCES  
ELITE FORCES  
52 min.

DAY  
16



ELITE FORCES  
ELITE FORCES  
52 min.

DAY  
6



ULTIMATE BODY SCULPT  
CORE & MORE  
60 min.

DAY  
17



ULTIMATE BODY SCULPT  
CORE & MORE  
60 min.

DAY  
7



LORD OF THE ABS  
ABS ON FIRE  
45 min.

DAY  
18



LORD OF THE ABS  
ABS ON FIRE  
45 min.

DAY  
8



LORD OF THE ABS  
HARD CORE  
60 min.

DAY  
19



LORD OF THE ABS  
HARD CORE  
60 min.

DAY  
9



ULTIMATE BODY SCULPT  
POWER & GRACE  
60 min.

DAY  
20



ULTIMATE BODY SCULPT  
POWER & GRACE  
60 min.

DAY  
10



THE QUICK FIT SYSTEM  
CARDIO BLAST  
32 min.

DAY  
21



THE QUICK FIT SYSTEM  
CARDIO BLAST  
32 min.

DAY  
11

**ENJOY YOUR  
REST DAY!**

**CONGRATULATIONS  
WELL DONE!**