

Hip Hop ABS

30 Day Workout Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 week	 FAT BURNING CARDIO 1	 AB SCULPT 1	 TOTAL BODY BURN 1	 FAT BURNING CARDIO 1	 FAT BURNING CARDIO 1	 AB SCULPT 1	break
2 week	 FAT BURNING CARDIO 2	 AB SCULPT 2 HIP, BUNS, AND THIGHS	 TOTAL BODY BURN 2	 FAT BURNING CARDIO 2	 AB SCULPT 2	 TOTAL BODY BURN 2	break
3 week	 TOTAL BODY BURN 3	 FAT BURNING CARDIO 3	 AB SCULPT 3	 TOTAL BODY BURN 3	 FAT BURNING CARDIO 3	 AB SCULPT 3 HIP, BUNS, AND THIGHS	break
4 week	 TOTAL BODY BURN 4	 FAT BURNING CARDIO 4	 TOTAL BODY BURN 4	 FAT BURNING CARDIO 4	 TOTAL BODY BURN 4	 FAT BURNING CARDIO 4	break

FAT BURNING CARDIO 1

AB SCULPT 1

TOTAL BODY BURN 1

TOTAL BODY BURN 2

HIP, BUNS, AND THIGHS

Hip Hop Abs Calendar And Nutrition Guide

Padhraic Smyth



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