

Hip Hop ABS

Deluxe Schedule Month 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Level 2 Fat Burning Cardio	Level 2 Ab Sculpt	Total Body Burn	Level 2 Fat Burning Cardio	Level 2 Fat Burning Cardio	Level 2 Ab Sculpt
Rest	Level 2 Fat Burning Cardio	Level 2 Ab Sculpt Hips, Buns, And Thighs	Level 2 Total Body Burn	Level 2 Fat Burning Cardio	Level 2 Ab Sculpt	Level 2 Total Body Burn
Rest	Level 2 Total Body Burn	Level 2 Fat Burning Cardio	Level 2 Ab Sculpt	Level 2 Total Body Burn	Level 2 Fat Burning Cardio	Level 2 Ab Sculpt Hip, Buns, And Thighs
Rest	Level 2 Total Body Burn	Level 2 Fat Burning Cardio	Level 2 Total Body Burn	Level 2 Fat Burning Cardio	Level 2 Total Body Burn	Level 2 Fat Burning Cardio

Hip Hop Abs Guide

Tobias Bleicker

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

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