



Workout Challenges

7-DAY ABS

DAY 1 X1 CRUNCHES - 25
PLANK - 30 SEC
SIT UPS - 25

DAY 2 X2 CRUNCHES - 25
PLANK - 30 SEC
SIT UPS - 25

DAY 3 X3 CRUNCHES - 25
PLANK - 30 SEC
SIT UPS - 25

DAY 4 X4 CRUNCHES - 25
PLANK - 30 SEC
SIT UPS - 25

DAY 5 X5 CRUNCHES - 25
PLANK - 30 SEC
SIT UPS - 25

DAY 6 X6 CRUNCHES - 25
PLANK - 30 SEC
SIT UPS - 25

DAY 7 X7 CRUNCHES - 25
PLANK - 30 SEC
SIT UPS - 25



DON'T MISS A WORKOUT!

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