

| Sun | Mon | Tues | Weds | Thurs | Fri | Sat |
|------|--------------------------------|--------------------------------|--|--------------------------------|--------------------------------|--|
| Rest | Fat Burning Cardio | Fat Burning Cardio | Ab Sculpt | Ab Sculpt | Fat Burning Cardio | Ab Sculpt |
| Rest | Fat Burning Cardio | Fat Burning Cardio & Ab Sculpt | Fat Burning Cardio & Ab Sculpt | Ab Sculpt | Fat Burning Cardio & Ab Sculpt | Fat Burning Cardio & Ab Sculpt |
| Rest | Fat Burning Cardio & Ab Sculpt | Total Body Burn | Fat Burning Cardio & Hips, Buns and Thighs | Fat Burning Cardio & Ab Sculpt | Total Body Burn | Ab Sculpt |
| Rest | Total Body Burn | Fat Burning Cardio & Ab Sculpt | Fat Burning Cardio & Hips, Buns and Thighs | Total Body Burn | Fat Burning Cardio & Ab Sculpt | Fat Burning Cardio & Hips, Buns and Thighs |

Hip Hop Abs Fast Food Eating Guide

Richard Bailey



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