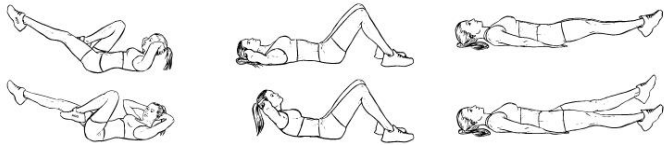
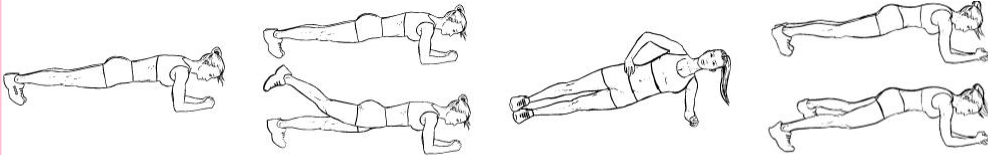

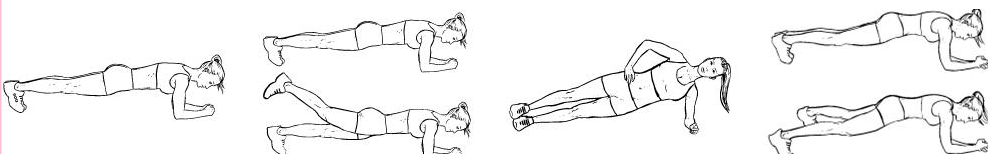

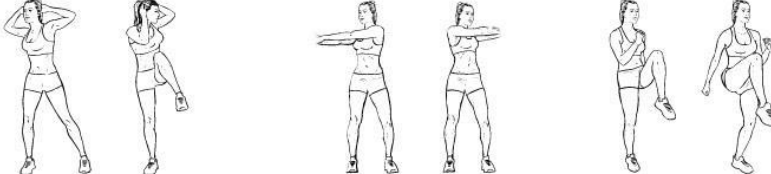


<p><b>Mon: Six Pack Day</b></p> <ul style="list-style-type: none"> <li>•10 Bicycles</li> <li>•10 Crunches</li> <li>•10 Flutter Kicks</li> </ul> <p>Rest 1 Min. Do 4 Sets</p>	 <p>Bicycles                      Crunches                      Flutter Kicks</p>
<p><b>Tue: Core &amp; Waist</b></p> <ul style="list-style-type: none"> <li>•15 Sec Plank</li> <li>•15 Sec Plank Leg Lift</li> <li>•15 Sec Side Plank <i>(each side)</i></li> <li>•20 Sec Plank Jacks</li> </ul> <p>Rest 2 Min. Do 3 Sets</p>	 <p>Plank                      Plank Leg Lifts                      Side Plank                      Plank Jacks</p>
<p><b>Wed: Rest Day</b></p>	<p style="text-align: center;"><b>Good Job! Keep Going! ❤️</b></p>
<p><b>Thu: Six Pack Day</b></p> <ul style="list-style-type: none"> <li>•12 Sit-ups</li> <li>•12 Leg Raises</li> <li>•12 Mount Climbers</li> </ul> <p>Rest 1 Min. Do 3 Sets</p>	 <p>Sit-ups                      Leg Raises                      Mountain Climbers</p>
<p><b>Fri: Core &amp; Waist</b></p> <ul style="list-style-type: none"> <li>•20 Sec Plank</li> <li>•20 Sec Plank Leg Lift</li> <li>•20 Sec Side Plank <i>(each side)</i></li> <li>•20 Sec Plank Jacks</li> </ul> <p>Rest 2 Min. Do 3 Sets</p>	 <p>Plank                      Plank Leg Lifts                      Side Plank                      Plank Jacks</p>
<p><b>Sat + Sun: Rest</b></p>	<p style="text-align: center;"><b>Look at You! Smashing Goals All Over the Place! ❤️</b></p>
<p><b>Mon: Combo Day</b></p> <ul style="list-style-type: none"> <li>•15 Crunches</li> <li>•15 Bicycles</li> <li>•20 Sec Full Plank</li> </ul> <p>Rest 2 Min. Do 3 Sets</p>	 <p>Crunches                      Bicycles                      Plank</p>
<p><b>Tue: Standing Day</b></p> <ul style="list-style-type: none"> <li>•20 Standing Crunches</li> <li>•20 Core Rotation</li> <li>•20 Standing Crunches <i>(again)</i></li> <li>•20 Sec High Knees</li> </ul> <p>Rest 2 Min. Do 3 Sets</p>	 <p>Standing Crunches                      Core Rotation                      High Knees</p>

### Wed: Active Rest

- 12 Supermans
- 12 Cat Stretches
- 12 Cobra

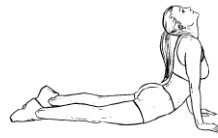
Rest 1 Min. Do 3 Sets



Supermans



Cat Stretch



Cobra / Ab Stretch

**WOOHOO! CONGRATULATIONS!! YOU MADE IT!!!** 

### A Special Note

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to support my website.

You are so very much appreciated.

Kind Regards,

Kola from <http://www.kobokofitness.com/>