



Phase 1

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
Day Off	Total Strength Mercy Abs	Fire Up Your Abs	Power Intervals	Total Strength Mercy Abs	Fire Up Your Abs	Power Intervals
Day Off	Power Intervals	Fire Up Your Abs	Total Strength Mercy Abs	Power Intervals	Fire Up Your Abs	Power Intervals
Day Off	Total Strength Mercy Abs	Fire Up Your Abs	Power Intervals	Total Strength Mercy Abs	Fire Up Your Abs	Power Intervals
Day Off	Power Intervals	Fire Up Your Abs	Total Strength Mercy Abs	Power Intervals	Fire Up Your Abs	Power Intervals
Day Off	Total Strength Mercy Abs	Fire Up Your Abs	Fat-Burning Abs	Power Intervals 2	Strength & Endurance Merciless Abs	Fat-Burning Abs