

28-DAY FULL BODY WORKOUT PLAN



30 DAYS



Mountain Climbers



Crunches



V-ups



Full Plank



Push Ups

80 DAYS



Side V-ups



Superman



Elbow Plank



Push Ups



Ab Wheel Rollout

190 DAYS



Crunches



Elbow Plank



Mountain Climbers



Lunges



Squats

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Mike Jess

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