

Basic Schedule

Rest	Fat Burning Cardio	Fat Burning Cardio	Ab Sculpt	Fat Burning Cardio	Fat Surning Cardio	Ab Soulpt
Rest	Fat fluming Cardio	Fat Burning Cardio Ab Sculpt	Fat Burning Cardio Ab Soulpt	Ab Soulpt	Fat Surning Cardio Ab Soulpt	Fat Burning Cardio Ab Soulpt
Rest	Fot Burning Cardio Ab Sculpt	Total Body Burn	Fat Burning Cardio Hips. Burs. And Thighs	Fat Burning Cardio Ab Soulpt	Total Body Burn	Ab Soulpt
Rest.	Total Body Burn	Pat Burning Cardio Ab Soulpt	Fat Burning Cardio Hips, Buns, And Thighs	Total Body Burn	Fat Burning Cardio Ab Soulpt	Fat Burning Cardio Hips, Burn And Thighs

Hip Hop Abs Schedule And Diet Guide

Karin Nielsen-Saines

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