



# Deluxe Schedule Month 2

| SUNDAY | MONDAY                           | TUESDAY   | WEDNESDAY                     | THURSDAY                         | FRIDAY                           | SATURDAY   |
|--------|----------------------------------|---|-------------------------------|----------------------------------|----------------------------------|--|
| Rest   | Level 2<br>Fat Burning<br>Cardio | Level 2<br>Ab Sculpt                              | Total Body<br>Burn            | Level 2<br>Fat Burning<br>Cardio | Level 2<br>Fat Burning<br>Cardio | Level 2<br>Ab Sculpt                             |
| Rest   | Level 2<br>Fat Burning<br>Cardio | Level 2<br>Ab Sculpt<br>Hips, Buns,<br>And Thighs | Level 2<br>Total Body<br>Burn | Level 2<br>Fat Burning<br>Cardio | Level 2<br>Ab Sculpt             | Level 2<br>Total Body<br>Burn                    |
| Rest   | Level 2<br>Total Body<br>Burn    | Level 2<br>Fat Burning<br>Cardio                  | Level 2<br>Ab Sculpt          | Level 2<br>Total Body<br>Burn    | Level 2<br>Fat Burning<br>Cardio | Level 2<br>Ab Sculpt<br>Hip, Buns,<br>And Thighs |
| Rest   | Level 2<br>Total Body<br>Burn    | Level 2<br>Fat Burning<br>Cardio                  | Level 2<br>Total Body<br>Burn | Level 2<br>Fat Burning<br>Cardio | Level 2<br>Total Body<br>Burn    | Level 2<br>Fat Burning<br>Cardio                 |

# **<u>Hip Hop Abs Calendar And Nutrition Guide</u>**

**Ying-Ying Zheng** 

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