

DAILY WORKOUT CHART

10-DAY ADVANCED CROSS-TRAINING CYCLE



DAY 1 PHENOMENAL ABS



DAY 2 CUTS & CURVES



DAY 3 CORE CHALLENGE



DAY 4 MAXIMUM ABS



DAY 5 ELITE FORCES



DAY 6 CORE & MORE



DAY 7 ABS ON FIRE



DAY 8 HARD CORE



DAY 9 POWER & GRACE



DAY 10 REST

WELL DONE!

NEXT CYCLE - START FROM TOP