

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
10 Oblique Burners* 5 Reverse Curls 5 Double Leg Drops Extra Workout	12 Oblique Burners* 6 Reverse Curls 6 Double Leg Drops	14 Oblique Burners* 7 Reverse Curls 7 Double Leg Drops Extra Workout	16 Oblique Burners* 8 Reverse Curls 8 Double Leg Drops	10 Oblique Burners* 9 Reverse Curls 9 Double Leg Drops Extra Workout	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops Extra Workout	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 10 Russian Twists*
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 12 Russian Twists* Extra Workout	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 14 Russian Twists*	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 16 Russian Twists* Extra Workout	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 18 Russian Twists*	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 20 Russian Twists* Extra Workout	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 20 Russian Twists* 15 Sec. Plank Extra Workout	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 20 Russian Twists* 20 Sec. Plank
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
10 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 30 Sec. Plank Extra Workout	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 20 Russian Twists* 30 Sec. Plank	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 20 Russian Twists* 40 Sec. Plank Extra Workout	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 20 Russian Twists* 50 Sec. Plank	20 Oblique Burners* 10 Reverse Curls 10 Double Leg Drops 20 Russian Twists* 60 Sec. Plank Extra Workout	22 Oblique Burners* 11 Reverse Curls 11 Double Leg Drops 22 Russian Twists* 60 Sec. Plank Extra Workout	24 Oblique Burners* 12 Reverse Curls 12 Double Leg Drops 24 Russian Twists* 60 Sec. Plank
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
26 Oblique Burners* 13 Reverse Curls 13 Double Leg Drops 26 Russian Twists* 60 Sec. Plank Extra Workout	28 Oblique Burners* 14 Reverse Curls 14 Double Leg Drops 28 Russian Twists* 60 Sec. Plank	30 Oblique Burners* 15 Reverse Curls 15 Double Leg Drops 30 Russian Twists* 60 Sec. Plank Extra Workout	32 Oblique Burners* 16 Reverse Curls 16 Double Leg Drops 32 Russian Twists* 60 Sec. Plank	34 Oblique Burners* 17 Reverse Curls 17 Double Leg Drops 34 Russian Twists* 60 Sec. Plank Extra Workout	36 Oblique Burners* 18 Reverse Curls 18 Double Leg Drops 36 Russian Twists* 60 Sec. Plank Extra Workout	40 Oblique Burners* 20 Reverse Curls 20 Double Leg Drops 40 Russian Twists* 60 Sec. Plank

\*Alternate these exercises: right side, then left. The count on the chart is for the total number of reps.

#BellyFatBlast



ALTERNATING  
OBLIQUE BURNER



REVERSE CURL



DOUBLE LEG DROPS



ALTERNATING  
RUSSIAN TWISTS



FOREARM  
PLANK HOLD