

14-DAY AB BURNER CHALLENGE

WORKOUT CALENDAR

Each day on the calendar has a clickable link

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
GOLD Cardio + Core Burner 2 45 Minutes	GOLD Strength Training Split Day - Core 2 30 Minutes	GOLD Ab Burner 1 30 Minutes	GOLD 500 Reps Core 1 30 Minutes	10-Minute Ab Shredder 10 Minutes	GOLD Kickboxing + Core 2 45 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
GOLD Cardio + Core Burner 3 30 Minutes	GOLD 500 Rep Core 2 30 Minutes	GOLD Ab Burner 2 30 Minutes	Core Strength + Stretch 45 Minutes	GOLD Kickboxing + Core 3 45 Minutes	Premium Pilates 2 40 Minutes	DAY OFF

A few workouts use dumbbells. If you don't have dumbbells, you can substitute various household items such as water bottles, canned food, laundry detergent, or even a resistance band.