



@MrandMrsMuscle

# CORE & ABS

BEGINNER: 30S ACTIVE | 30S REST | 4-5 ROUNDS  
INTERMEDIATE: 30S ACTIVE | 20S REST | 3-4 ROUNDS  
ADVANCED: 30S ACTIVE | 10S REST | 3-5 ROUNDS

## MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Cardio Start Workout	2 Full Body Start Workout	3 REST	4 Ab Focused Start Workout
5 Full Body Start Workout	6 REST	7 Abs Focused Start Workout	8 Cardio Start Workout	9 Full Body Start Workout	10 REST	11 Abs Focused Start Workout
12 Full Body Start Workout	13 REST	14 Abs Focused Start Workout	15 Cardio Start Workout	16 Full Body Start Workout	17 REST	18 Ab Focused Start Workout
19 Full Body Start Workout	20 REST	21 Abs Focused Start Workout	22 Cardio Start Workout	23 Full Body Start Workout	24 REST	25 Abs Focused Start Workout
26 Full Body Start Workout	27 REST	28 Abs Focused Start Workout	29 Cardio Start Workout	30 Full Body Start Workout	31 REST	#MrandMrsMuscle or Tag @MrandMrsMuscle in posts to feature!