



@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

JUNE 2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|---|--|--|--|
| 30 June Full Body Click Here | < Do this workout on the last day of the month. | | | | #MrandMrsMuscle or Tag @MrandMrsMuscle in posts to feature! | 1 Ab Focused Click Here |
| 2 Full Body Click Here | 3 REST | 4 Abs Focused Click Here | 5 Cardio Click Here | 6 Full Body Click Here | 7 REST | 8 Abs Focused Click Here |
| 9 Full Body Click Here | 10 REST | 11 Abs Focused Click Here | 12 Cardio Click Here | 13 Full Body Click Here | 14 REST | 15 Ab Focused Click Here |
| 16 Full Body Click Here | 17 REST | 18 Abs Focused Click Here | 19 Cardio Click Here | 20 Full Body Click Here | 21 REST | 22 Abs Focused Click Here |
| 23 Full Body Click Here | 24 REST | 25 Abs Focused Click Here | 26 Cardio Click Here | 27 Full Body Click Here | 28 REST | 29 Abs Focused Click Here |