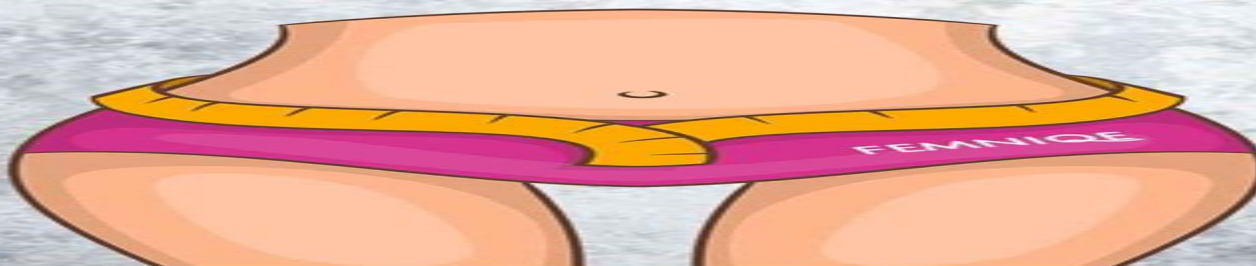


28 DAY SMALL WAIST FLAT STOMACH ACTION PLAN



PLANK ELBOW PUSHUP



BIRD DOG WITH DUMBBELL



DUMBBELL FLAT CRUNCH



PLANK CROSS TOE TOUCH



WEEK 1

WEEK 2

WEEK 3

WEEK 4

DAY 1
20 REPS
OF EACH(2X)DAY 8
15 REPS
OF EACH(3X)DAY 15
REST
DAYDAY 22
30 REPS
OF EACH(4X)DAY 2
20 REPS
OF EACH(3X)DAY 9
REST
DAYDAY 16
25 REPS
OF EACH(3X)DAY 23
REST
DAYDAY 3
REST
DAYDAY 10
15 REPS
OF EACH(3X)DAY 17
REST
DAYDAY 24
30 REPS
OF EACH(4X)DAY 4
10 REPS
OF EACH(4X)DAY 11
REST
DAYDAY 18
20 REPS
OF EACH(3X)DAY 25
REST
DAYDAY 5
REST
DAYDAY 12
15 REPS
OF EACH(4X)DAY 19
REST
DAYDAY 26
30 REPS
OF EACH(3X)DAY 6
10 REPS
OF EACH(4X)DAY 13
REST
DAYDAY 20
20 REPS
OF EACH(4X)DAY 27
REST
DAYDAY 7
REST
DAYDAY 14
25 REPS
OF EACH(3X)DAY 21
REST
DAYDAY 28
30 REPS
OF EACH(3X)

FQ.

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