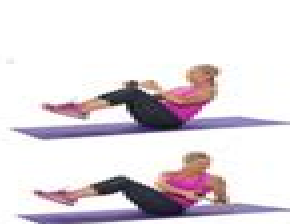
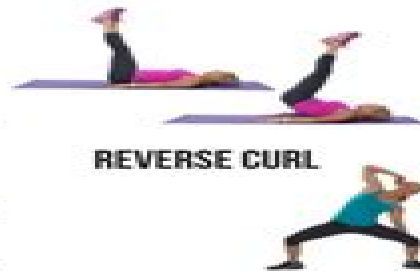


28-DAY BELLY FAT BLAST CHALLENGE



ALTERNATING
RUSSIAN TWIST



REVERSE CURL

ALTERNATING
OBLIQUE BURNER



DOUBLE LEG DROPS

FOREARM PLANK

GET HEALTHY 

DAY 1

10 OBLIQUE BURNERS
5 REVERSE CURLS
5 DOUBLE LEG DROPS
EXTRA WORKOUT

DAY 2

12 OBLIQUE BURNERS
6 REVERSE CURLS
6 DOUBLE LEG DROPS

DAY 3

14 OBLIQUE BURNERS
7 REVERSE CURLS
7 DOUBLE LEG DROPS
EXTRA WORKOUT

DAY 4

16 OBLIQUE BURNERS
8 REVERSE CURLS
8 DOUBLE LEG DROPS

DAY 5

18 OBLIQUE BURNERS
9 REVERSE CURLS
9 DOUBLE LEG DROPS
EXTRA WORKOUT

DAY 6

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
EXTRA WORKOUT

DAY 7

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
10 RUSSIAN TWISTS

DAY 8

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
12 RUSSIAN TWISTS
EXTRA WORKOUT

DAY 9

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
14 RUSSIAN TWISTS

DAY 10

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
16 RUSSIAN TWISTS
EXTRA WORKOUT

DAY 11

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
18 RUSSIAN TWISTS

DAY 12

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
20 RUSSIAN TWISTS
EXTRA WORKOUT

DAY 13

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
20 RUSSIAN TWISTS
15 SECOND PLANK
EXTRA WORKOUT

DAY 14

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
20 RUSSIAN TWISTS
20 SECOND PLANK

DAY 15

10 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
30 SECOND PLANK
EXTRA WORKOUT

DAY 16

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
20 RUSSIAN TWISTS
30 SECOND PLANK

DAY 17

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
20 RUSSIAN TWISTS
40 SECOND PLANK
EXTRA WORKOUT

DAY 18

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
20 RUSSIAN TWISTS
50 SECOND PLANK

DAY 19

20 OBLIQUE BURNERS
10 REVERSE CURLS
10 DOUBLE LEG DROPS
20 RUSSIAN TWISTS
60 SECOND PLANK
EXTRA WORKOUT

DAY 20

22 OBLIQUE BURNERS
11 REVERSE CURLS
11 DOUBLE LEG DROPS
22 RUSSIAN TWISTS
60 SECOND PLANK
EXTRA WORKOUT

DAY 21

24 OBLIQUE BURNERS
12 REVERSE CURLS
12 DOUBLE LEG DROPS
24 RUSSIAN TWISTS
60 SECOND PLANK

DAY 22

26 OBLIQUE BURNERS
13 REVERSE CURLS
13 DOUBLE LEG DROPS
26 RUSSIAN TWISTS
60 SECOND PLANK
EXTRA WORKOUT

DAY 23

28 OBLIQUE BURNERS
14 REVERSE CURLS
14 DOUBLE LEG DROPS
28 RUSSIAN TWISTS
60 SECOND PLANK
EXTRA WORKOUT

DAY 24

30 OBLIQUE BURNERS
15 REVERSE CURLS
15 DOUBLE LEG DROPS
30 RUSSIAN TWISTS
60 SECOND PLANK
EXTRA WORKOUT

DAY 25

32 OBLIQUE BURNERS
16 REVERSE CURLS
16 DOUBLE LEG DROPS
32 RUSSIAN TWISTS
60 SECOND PLANK

DAY 26

34 OBLIQUE BURNERS
17 REVERSE CURLS
17 DOUBLE LEG DROPS
34 RUSSIAN TWISTS
60 SECOND PLANK
EXTRA WORKOUT

DAY 27

36 OBLIQUE BURNERS
18 REVERSE CURLS
18 DOUBLE LEG DROPS
36 RUSSIAN TWISTS
60 SECOND PLANK
EXTRA WORKOUT

DAY 28

40 OBLIQUE BURNERS
20 REVERSE CURLS
20 DOUBLE LEG DROPS
40 RUSSIAN TWISTS
60 SECOND PLANK

YOU
DID IT!

CONGRATS!

Blast Fat Tone Up 7 Step System To Melt Fat 300 Faster

Rachel Sandford



Blast Fat Tone Up 7 Step System To Melt Fat 300 Faster:

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focused magazine Popular Science ,1978 **Sepia** ,1979 **Cosmopolitan** ,1978-07 **The Saturday Evening Post**
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