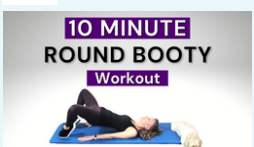
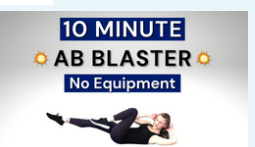
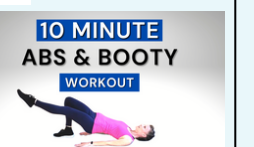
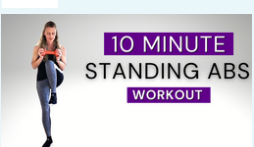


# 4 WEEK ABS & GLUTES CHALLENGE

| SUNDAY                                                                              | MONDAY                                                                              | TUESDAY                                                                             | WEDNESDAY                                                                            | THURSDAY                                                                              | FRIDAY                                                                                | SATURDAY                                                                              |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    |    |    |    |    |    |
|    |    |    |    |    |    |    |
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