























## 3-Week Ab + Band Bootcamp

Short on time? Find 15-20 minutes and we'll work your entire body with extra focus on your abs!   
 Check off the workouts as you go! Rate your effort!

Take your before photo!

<b>01</b> <input type="checkbox"/> <b>Fat Burning Blast</b> 	<b>02</b> <input type="checkbox"/> <b>Fat Burning Abs</b> 	<b>03</b> <input type="checkbox"/> <b>Lower Body Blitz</b> 	<b>04</b> <input type="checkbox"/> <b>Throwback Abs</b> 	<b>05</b> <input type="checkbox"/> <b>Total Body Burn</b> 	<b>06</b> <input type="checkbox"/> <b>Stretch &amp; Recover</b> 	<b>07</b> <input type="checkbox"/> <b>REST</b> 
<b>08</b> <input type="checkbox"/> <b>Lower Abs Focus</b> 	<b>09</b> <input type="checkbox"/> <b>Abs, Core and More</b> 	<b>10</b> <input type="checkbox"/> <b>Obliques On Fleek</b> 	<b>11</b> <input type="checkbox"/> <b>Fat Burning Blast</b> 	<b>12</b> <input type="checkbox"/> <b>360 Abs</b> 	<b>13</b> <input type="checkbox"/> <b>Stretch &amp; Recover</b> 	<b>14</b> <input type="checkbox"/> <b>REST</b> 
<b>15</b> <input type="checkbox"/> <b>Total Body Burn</b> 	<b>16</b> <input type="checkbox"/> <b>Fat Burning Abs</b> 	<b>17</b> <input type="checkbox"/> <b>Fat Burning Blast</b> 	<b>18</b> <input type="checkbox"/> <b>Throwback Abs</b> 	<b>19</b> <input type="checkbox"/> <b>Total Body Burn</b> 	<b>20</b> <input type="checkbox"/> <b>Stretch &amp; Recover</b> 	<b>21</b> <input type="checkbox"/> <b>REST</b> 

Take your after photo!

Join the Teammates Facebook group for support and share your results with me as you go!  
 #WeAreOpenfit @MyOpenfit

