
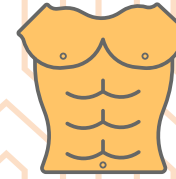


**JOEY THURMAN**  
on 

# 5-Day Abs



Commit to get that 6-pack. My 5-day plan is great as a standalone or tack it on to any workout.  
Check off the workouts as you go! Rate your effort!

<b>DAY 1</b>	<input type="checkbox"/>	<b>Throwback Abs</b>
<b>DAY 2</b>	<input type="checkbox"/>	<b>Lower Abs Focus</b>
<b>DAY 3</b>	<input type="checkbox"/>	<b>Fat Burning Abs</b>
<b>DAY 4</b>	<input type="checkbox"/>	<b>Obliques on Fleek</b>
<b>DAY 5</b>	<input type="checkbox"/>	<b>360 Abs</b>

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

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication. © 2021 Openfit, LLC. All rights reserved. Openfit, LLC is the owner of the Openfit trademark, and all related designs, trademarks, copyrights, and other intellectual property. All other trademarks are the property of their respective owners.