

4-Week Ab and Booty Burn

Follow my plan for visible results in your abs and your booty. Check the boxes as you go. Rate your effort for each workout! 🍊

01 ☐ THE BURN 	02 ☐ LEG DAY ALL DAY 	03 ☐ DUMBBELL BLITZ 	04 ☐ THE BUTT LIFT 	05 ☐ THE BURN 	06 ☐ LIT ABS 	07 ☐ REST 
08 ☐ DUMBBELL BLITZ 	09 ☐ LEG DAY ALL DAY 	10 ☐ DUMBBELL BLITZ 	11 ☐ THE BUTT LIFT 	12 ☐ DUMBBELL BLITZ 	13 ☐ HIIT ABS 	14 ☐ REST 
15 ☐ THE BURN 	16 ☐ LEG DAY ALL DAY 	17 ☐ DUMBBELL BLITZ 	18 ☐ THE BUTT LIFT 	19 ☐ THE BURN 	20 ☐ LIT ABS 	21 ☐ REST 
22 ☐ DUMBBELL BLITZ 	23 ☐ LEG DAY ALL DAY 	24 ☐ DUMBBELL BLITZ 	25 ☐ THE BUTT LIFT 	26 ☐ DUMBBELL BLITZ 	27 ☐ HIIT ABS 	28 ☐ REST 

Use your rest days to explore the app for our yoga, stretching, walking, and meditation classes, plus over 650 on-demand and 400 LIVE classes every week!

Share your sweaty selfies and tag me @JORDAN_MORELLO, @MYOPENFIT #WeAreOpenfit

