



# 24 DAYS -To- TIGHT ABS & BUTT

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WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>-BUTT-</b> 50 Squats <b>-ABS-</b> 100 Bicycle Crunches <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Forward & Reverse Lunges <b>-ABS-</b> 100 Crunches <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Plié Squats <b>-ABS-</b> 25 Full Sit-ups (legs flat on mat) <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Bulgarian Split Squats <b>-ABS-</b> 90 sec. Forearm Plank <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Bosu Squats (blue side down) <b>-ABS-</b> 15 V-ups <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Narrow Squats <b>-ABS-</b> 25 Side Plank Lifts <input type="checkbox"/> WINGS EARNED
<b>-BUTT-</b> 50 Wide Squats <b>-ABS-</b> 50 Slow Bicycle Crunches <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Squats w/ Lateral Leg Raise <b>-ABS-</b> 50 Suitcase Crunches <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Plié Squats on Toes <b>-ABS-</b> 25 Russian Twists <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Jump Lunges <b>-ABS-</b> 60 sec. High Plank alt. Leg Thread <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Dumbbell Deadlifts <b>-ABS-</b> 20 Bosu or Floor Plank Push-ups <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Glute Bridges <b>-ABS-</b> 50 Butterfly Crunches <input type="checkbox"/> WINGS EARNED
<b>-BUTT-</b> 50 Curtsy Lunges <b>-ABS-</b> 50 Scissor Kicks <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Squat Jacks <b>-ABS-</b> 20 Plank Jacks <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Bosu Squat Jumps (blue side up) <b>-ABS-</b> 60 sec. Forearm Plank w/ Hip Dips <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Lateral Lunges (side-to-side) <b>-ABS-</b> 50 Dumbbell Side Bends <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Step-ups <b>-ABS-</b> 60 sec. Side Plank Hold <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 100 Donkey Kicks <b>-ABS-</b> 50 Lying Leg Lifts <input type="checkbox"/> WINGS EARNED
<b>-BUTT-</b> 50 Squat Knee Lifts <b>-ABS-</b> 50 Toe Touches (try adding weight) <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Single Leg Deadlifts <b>-ABS-</b> 100 Reverse Crunches <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 25 Curtsy Step-ups <b>-ABS-</b> 30 sec. Unstable Plank (each side) <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Side-to-Side Bosu Squats (one foot on Bosu) <b>-ABS-</b> 25 Figure 4 Crunches <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Single Leg Glute Bridges <b>-ABS-</b> 100 Bosu Crunches <input type="checkbox"/> WINGS EARNED	<b>-BUTT-</b> 50 Plié Jump Squats <b>-ABS-</b> 25 Bosu Russian Twists <input type="checkbox"/> WINGS EARNED

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You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Marissa Mize with FitLife Consulting, LLC from any and all claims or causes of action, known or unknown, arising out of FitLife Consulting, LLC's negligence.