

Flatter Abs in 12 Weeks Program

How This Works

- ▶ At the beginning of this document your starting waist measurement.
- ▶ Follow the workout calendar. Every 4 weeks the workouts and cardio progress
- ▶ Add the ab and cardio workouts to your regularly scheduled workout, not in place of
- ▶ Dial in your nutrition while following this program for optimal results – less fast food, processed food, and food with added sugar, fat and salt
- ▶ Drink at least 74 oz of water a day to curb hunger and stay hydrated
- ▶ Share this program with family and friends who want flatter abs in 12 weeks
- ▶ Tag me on Instagram @FemmeFitaleFitClub to share your progress and belly fat loss results

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Workout Calendar – Weeks 1 - 4

Weeks	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	REST	<u>Fat HIIT Crush</u>	15 minutes steady state cardio	REST	<u>Burning Core Pyramid Workout</u>	REST	<u>5-Minute Core Home Workout</u>
2	REST	<u>Fat HIIT Crush</u>	15 minutes steady state cardio	REST	<u>Burning Core Pyramid Workout</u>	REST	<u>5-Minute Core Home Workout</u>
3	REST	<u>Fat HIIT Crush</u>	15 minutes steady state cardio	REST	<u>Burning Core Pyramid Workout</u>	REST	<u>5-Minute Core Home Workout</u>
4	REST	<u>Fat HIIT Crush</u>	20 minutes steady state cardio	REST	<u>Burning Core Pyramid Workout</u>	REST	<u>5-Minute Core Home Workout</u>

Workout Calendar – Weeks 5 - 8

Weeks	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	REST	20 minutes jump rope	REST	HIIT And Run Low Impact	20 minutes steady state cardio	REST	<u>Lower Belly Pooch Blaster</u>
6	REST	20 minutes jump rope	REST	HIIT Cardio	20 minutes steady state cardio	REST	<u>Lower Belly Pooch Blaster</u>
7	REST	20 minutes jump rope	REST	HIIT And Run Low Impact	20 minutes steady state cardio	REST	<u>Lower Belly Pooch Blaster</u>
8	HIIT And Run Moderate	25 minutes jump rope	REST	HIIT Cardio	20 minutes steady state cardio	REST	<u>Lower Belly Pooch Blaster</u>

Workout Calendar – Weeks 9 -12

Weeks	Sun	Mon	Tue	Wed	Thu	Fri	Sat
9	REST	HIIT And Run Moderate	Hardcore Abs Workout	30 minutes steady state cardio	1000 Abs Workout	HIIT Cardio	Standing Abs Gym Workout
10	REST	HIIT Cardio 2	Lower Belly Pooch Blaster	40 minutes steady state cardio	5-Minute Core Home Workout and 30 minutes steady state cardio	REST	Core Blast Home Workout
11	REST	1000 Abs Workout	HIIT Cardio 3	Standing Abs Gym Workout	Dirty 30's Workout	Lower Belly Pooch Blaster and 30 minutes steady state cardio	HIIT Cardio 3
12	REST	Fat Crush HIIT	Hardcore Abs Workout and 40 minutes steady state cardio	REST	HIIT And Run Moderate	1000 Abs Workout and HIIT Cardio	HIIT And Run Extreme