



# ABS OF STEEL APRIL 2021 SPORTS AND FITNESS CALENDAR

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>STRETCH</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>ABS</b>	<b>CARDIO</b>
Sample Ab Exercises: Crunches; Planks; Sit-ups; V-ups; Straight Leg Raises; Russian Twists; Side Crunches	Do any combination of ab exercises to meet the day's amount.	Do any combination of ab exercises to meet the day's amount	Do any combination of ab exercises to meet the day's amount	Do any combination of ab exercises to meet the day's amount	Do any combination of ab exercises to meet the day's amount	POWER WALK, RUN, BIKE, JUMPING JACKS, JUMP ROPE
4  GET READY FOR WEEK 1!	5  100 Total reps	6  100 Total reps	7  100 Total reps	8  100 Total reps	9  100 Total reps	10  20 MINS OF CARDIO
11  STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	12  200 Total reps	13  200 Total reps	14  200 Total reps	15  200 Total reps	16  200 Total reps	17  40 MINS OF CARDIO
18  HALFWAY THERE!	19  300 Total reps	20  300 Total reps	21  300 Total reps	22  300 Total reps	23  300 Total reps	24  60 MINS OF CARDIO
25  FINAL WEEK!	26  400 Total reps	27  400 Total reps	28  400 Total reps	29  400 Total reps	30  400 Total reps	