




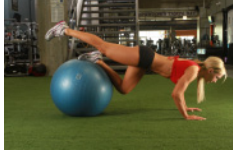



FULL-BODY-LICIOUS

Day 2: Showoff Stomach

EXERCISE	SET	Rep	START	FINISH
Medicine Ball Crunch	3	10		
Stability Ball Crunch	3	10		
Stability Ball Jackknife	3	30 Seconds	 	



FULL-BODY-LICIOUS

EXERCISE	SET	TIME	START	FINISH
Skipping	3	2 Minutes		
Running High Knee	3	30 Seconds		
Plank	3	30 Seconds		







FULL-BODY-LICIOUS

EXERCISE	SET	REP	START	FINISH
Mountain Climber Crossover	3	10		
Stability Ball Plank Touchdown	3	10		
Russian Twist	3	10		





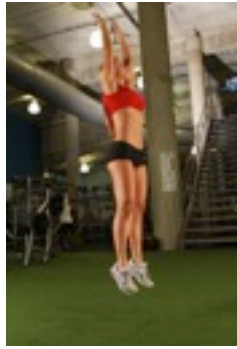


FULL-BODY-LICIOUS

EXERCISE	SET	TIME	START	FINISH
Sprint	5	1 Minute		
Walking	5	1 Minute		

FULL-BODY-LICIOUS

EXERCISE	SET	REP	START	FINISH
Side-plank with Crunch	3	10		
Medicine Ball V-Up	3	10		
Plank Twist	3	10		

FULL-BODY-LICIOUS

EXERCISE	SET	TIME	START	FINISH
Lateral Hop	3	30 Seconds		
Burpee	3	30 Seconds	 	
Squat Jump	3	30 Seconds		

FULL-BODY-LICIOUS