

FAB WORKOUT PLAN

Client Details

Name -



Key Movement Objectives

Tone up your body
Increase fat loss

Week 1	Week 2	Week 3	Week 4
Weight	Weight	Weight	Weight

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	F - Touch Sky x 20 A - Crucifix Sit-ups x 20 B - Single Leg Bridges x 20 Repeat x 2-3 Watch Workout	F - Touch Sky x 20 A - Crucifix Sit-ups x 20 B - Single Leg Bridges x 20 Repeat x 2-3 Watch Workout	F - Touch Sky x 20 A - Crucifix Sit-ups x 20 B - Single Leg Bridges x 20 Repeat x 2-3 Watch Workout	F - Touch Sky x 20 A - Crucifix Sit-ups x 20 B - Single Leg Bridges x 20 Repeat x 2-3 Watch Workout	F - Touch Sky x 20 A - Crucifix Sit-ups x 20 B - Single Leg Bridges x 20 Repeat x 2-3 Watch Workout	F - Touch Sky x 20 A - Crucifix Sit-ups x 20 B - Single Leg Bridges x 20 Repeat x 2-3 Watch Workout	Rest
Week 2	F - Bear Walks x 20 A - Single Leg Kickouts x 20 A - Sit-ups x 20 B - Sumo Squats x20 Repeat x 2-3 Watch Workout	F - Bear Walks x 20 A - Single Leg Kickouts x 20 A - Sit-ups x 20 B - Sumo Squats x20 Repeat x 2-3 Watch Workout	F - Bear Walks x 20 A - Single Leg Kickouts x 20 A - Sit-ups x 20 B - Sumo Squats x20 Repeat x 2-3 Watch Workout	F - Bear Walks x 20 A - Single Leg Kickouts x 20 A - Sit-ups x 20 B - Sumo Squats x20 Repeat x 2-3 Watch Workout	F - Bear Walks x 20 A - Single Leg Kickouts x 20 A - Sit-ups x 20 B - Sumo Squats x20 Repeat x 2-3 Watch Workout	F - Bear Walks x 20 A - Single Leg Kickouts x 20 A - Sit-ups x 20 B - Sumo Squats x20 Repeat x 2-3 Watch Workout	Rest
Week 3	F - Touch Sky x 20 A - Double Leg Kickouts x 20 B - Backwards Lunge x 20 B - Lunge Bounces x 20 Repeat x 3-4 Watch Workout	F - Touch Sky x 20 A - Double Leg Kickouts x 20 B - Backwards Lunge x 20 B - Lunge Bounces x 20 Repeat x 3-4 Watch Workout	F - Touch Sky x 20 A - Double Leg Kickouts x 20 B - Backwards Lunge x 20 B - Lunge Bounces x 20 Repeat x 3-4 Watch Workout	F - Touch Sky x 20 A - Double Leg Kickouts x 20 B - Backwards Lunge x 20 B - Lunge Bounces x 20 Repeat x 3-4 Watch Workout	F - Touch Sky x 20 A - Double Leg Kickouts x 20 B - Backwards Lunge x 20 B - Lunge Bounces x 20 Repeat x 3-4 Watch Workout	F - Touch Sky x 20 A - Double Leg Kickouts x 20 B - Backwards Lunge x 20 B - Lunge Bounces x 20 Repeat x 3-4 Watch Workout	Rest
Week 4	F - Burpees x 20 A - Leg Raises x 20 B - Sumo Squat Jumps x 20 B - Bridges x 20 Repeat x 3-4 Watch Workout	F - Burpees x 20 A - Leg Raises x 20 B - Sumo Squat Jumps x 20 B - Bridges x 20 Repeat x 3-4 Watch Workout	F - Burpees x 20 A - Leg Raises x 20 B - Sumo Squat Jumps x 20 B - Bridges x 20 Repeat x 3-4 Watch Workout	F - Burpees x 20 A - Leg Raises x 20 B - Sumo Squat Jumps x 20 B - Bridges x 20 Repeat x 3-4 Watch Workout	F - Burpees x 20 A - Leg Raises x 20 B - Sumo Squat Jumps x 20 B - Bridges x 20 Repeat x 3-4 Watch Workout	F - Burpees x 20 A - Leg Raises x 20 B - Sumo Squat Jumps x 20 B - Bridges x 20 Repeat x 3-4 Watch Workout	Rest