

“Fab ABS”

www.TeamBuffMother.com 28 day “Fab ABS” challenge!!

						0 Day 0 <u>Info and Instructions</u>
1 Day 1 <u>30 Ab exercises</u>	2 Day 2 <u>After Baby ABS!</u>	3 Day 3 <u>6 pack of COKE</u>	4 Day 4 <u>Sit up Test</u>	5 Day 5 <u>"T" abs challenge:</u>	6 Day 6 <u>"After running ABS</u>	7 Day 7 <u>Ab wheel or Repeat</u>
8 Day 8 <u>6pack of PEPSI</u>	9 Day 9 <u>6-pack of LACROIX</u>	10 Day 10 <u>Want SORE abs?</u>	11 Day 11 <u>6pack of MUG</u>	12 Day 12 <u>Ab Secrets</u>	13 Day 13 <u>Stand and Dance abs</u>	14 Day 14 <u>Revealing Abs info</u>
15 Day 15 REPEAT <u>6 pack of COKE</u>	16 Day 16 REPEAT <u>After Baby ABS!</u>	17 Day 17 REPEAT <u>6pack of PEPSI</u>	18 Day 18 REPEAT <u>6-pack of LACROIX</u>	19 Day 19 REPEAT <u>30 Ab exercises</u>	20 Day 20 REPEAT <u>6pack of MUG</u>	21 Day 21 <u>Knee ups on Ottoman</u>
22 Day 22 <u>6pack 7UP</u>	23 Day 23 <u>Ab Exercise tips</u>	24 Day 24 <u>Ab/Booty connection</u>	25 Day 25 <u>6 pack BudLt</u>	26 Day 26 <u>Jumping Abs</u>	27 Day 27 <u>RE-test Sit up Test</u>	28 Day 28 <u>Final Entry Instructions</u>