



21-DAY BELLY FAT BURN

CALENDAR

BY ALAIN GONZALEZ WITH STEPHEN CAMPOLO



21-DAY BELLY FAT BURN

WEEK

1	Circuit 1	Full Body Workout	Circuit 1	Full Body Workout	Circuit 2	Full Body Workout	Circuit 1
2	Circuit 2	Full Body Workout	Circuit 3	Full Body Workout	Circuit 4	Full Body Workout	Circuit 3
3	Circuit 4	AM: Circuit 5 PM: Full Body Workout	Circuit 5	Full Body Workout	Circuit 6	AM: Circuit 5 PM: Full Body Workout	Circuit 6