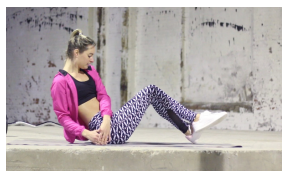
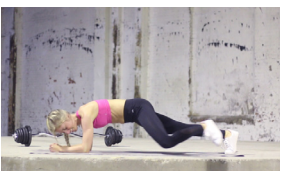


# ABSOLUTELY APRIL CHALLENGE

REGULAR  
VERSION

## FOLLOWFITGIRLS.COM

FF



MOUNTAIN CLIMBERS

RUSSIAN TWIST

ROLL UPS

BALLET TWIST (elke kant)

SCISSORS

HUNDREDS

COMMANDOS

HEEL TOUCHES

<p>WK #1</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 8 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 12 X ROLL UPS</li> <li><input type="checkbox"/> 8 X BALLET TWIST</li> <li><input type="checkbox"/> 15 sec HUNDREDS</li> </ul> <p>2 SETS</p> <p>WO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 8 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 10 X SCISSORS</li> <li><input type="checkbox"/> 6 X COMMANDOS</li> <li><input type="checkbox"/> 15 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>DO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 8 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 8 X BALLET TWIST</li> <li><input type="checkbox"/> 15 sec HUNDREDS</li> <li><input type="checkbox"/> 15 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>VR</p>	<p>RUSTDAG</p> <p>ZA</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 8 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 10 X SCISSORS</li> <li><input type="checkbox"/> 6 X COMMANDOS</li> <li><input type="checkbox"/> 10 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>ZO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 8 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 10 X ROLL UPS</li> <li><input type="checkbox"/> 6 X BALLET TWIST</li> </ul> <p>2 SETS</p> <p>MA</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 8 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 15 sec HUNDREDS</li> <li><input type="checkbox"/> 6 X COMMANDOS</li> <li><input type="checkbox"/> 8 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>DI</p>
<p>WK #2</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 10 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 15 X ROLL UPS</li> <li><input type="checkbox"/> 10 X BALLET TWIST</li> <li><input type="checkbox"/> 20 sec HUNDREDS</li> </ul> <p>2 SETS</p> <p>WO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 10 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 15 X SCISSORS</li> <li><input type="checkbox"/> 7 X COMMANDOS</li> <li><input type="checkbox"/> 20 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>DO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 10 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 10 X BALLET TWIST</li> <li><input type="checkbox"/> 18 sec HUNDREDS</li> <li><input type="checkbox"/> 20 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>VR</p>	<p>RUSTDAG</p> <p>ZA</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 10 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 15 X SCISSORS</li> <li><input type="checkbox"/> 8 X COMMANDOS</li> <li><input type="checkbox"/> 12 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>ZO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 10 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 12 X ROLL UPS</li> <li><input type="checkbox"/> 7 X BALLET TWIST</li> </ul> <p>2 SETS</p> <p>MA</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 10 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 20 sec HUNDREDS</li> <li><input type="checkbox"/> 7 X COMMANDOS</li> <li><input type="checkbox"/> 10 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>DI</p>
<p>WK #3</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 12 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 17 X ROLL UPS</li> <li><input type="checkbox"/> 15 X BALLET TWIST</li> <li><input type="checkbox"/> 25 sec HUNDREDS</li> </ul> <p>2 SETS</p> <p>WO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 12 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 20 X SCISSORS</li> <li><input type="checkbox"/> 9 X COMMANDOS</li> <li><input type="checkbox"/> 25 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>DO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 12 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 15 X BALLET TWIST</li> <li><input type="checkbox"/> 20 sec HUNDREDS</li> <li><input type="checkbox"/> 25 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>VR</p>	<p>RUSTDAG</p> <p>ZA</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 15 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 20 X SCISSORS</li> <li><input type="checkbox"/> 12 X COMMANDOS</li> <li><input type="checkbox"/> 14 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>ZO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 12 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 14 X ROLL UPS</li> <li><input type="checkbox"/> 8 X BALLET TWIST</li> </ul> <p>2 SETS</p> <p>MA</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 12 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 30 sec HUNDREDS</li> <li><input type="checkbox"/> 9 X COMMANDOS</li> <li><input type="checkbox"/> 20 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>DI</p>
<p>WK #4</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 14 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 20 X ROLL UPS</li> <li><input type="checkbox"/> 20 X BALLET TWIST</li> <li><input type="checkbox"/> 30 sec HUNDREDS</li> </ul> <p>2 SETS</p> <p>WO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 15 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 25 X SCISSORS</li> <li><input type="checkbox"/> 11 X COMMANDOS</li> <li><input type="checkbox"/> 30 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>DO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 14 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 20 X BALLET TWIST</li> <li><input type="checkbox"/> 25 sec HUNDREDS</li> <li><input type="checkbox"/> 30 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>VR</p>	<p>RUSTDAG</p> <p>ZA</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 17 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 25 X SCISSORS</li> <li><input type="checkbox"/> 14 X COMMANDOS</li> <li><input type="checkbox"/> 30 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>ZO</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 14 X MOUNTAIN CLIMBERS</li> <li><input type="checkbox"/> 16 X ROLL UPS</li> <li><input type="checkbox"/> 10 X BALLET TWIST</li> </ul> <p>2 SETS</p> <p>MA</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 14 X RUSSIAN TWIST</li> <li><input type="checkbox"/> 35 sec HUNDREDS</li> <li><input type="checkbox"/> 10 X COMMANDOS</li> <li><input type="checkbox"/> 30 X HEEL TOUCHES</li> </ul> <p>2 SETS</p> <p>DI</p>