

## June Ab Blast Challenge

### Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Single Leg Stretch							

### Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Single Leg Stretch							
Double Leg Stretch							

### Week 3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Single Leg Stretch							
Double Leg Stretch							
Criss Cross							

### Week 4

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Single Leg Stretch							
Double Leg Stretch							
Criss Cross							
Single Straight Leg Catch/Scissors							



**BETTER BODY TRAINING**

*Keep Moving*