

# 4-Week Abs + Booty Burn

Follow my plan for visible results in your abs and your booty. Check the boxes as you go. Rate your effort for each workout! 🍊

01 <input type="checkbox"/> <b>THE BURN</b> 🍊🍊🍊🍊🍊	02 <input type="checkbox"/> <b>LEG DAY ALL DAY</b> 🍊🍊🍊🍊🍊	03 <input type="checkbox"/> <b>DUMBBELL BLITZ</b> 🍊🍊🍊🍊🍊	04 <input type="checkbox"/> <b>THE BUTT LIFT</b> 🍊🍊🍊🍊🍊	05 <input type="checkbox"/> <b>THE BURN</b> 🍊🍊🍊🍊🍊	06 <input type="checkbox"/> <b>LIT ABS</b> 🍊🍊🍊🍊🍊	07 <input type="checkbox"/> <b>REST</b> 🌴🌴🌴🌴🌴
08 <input type="checkbox"/> <b>DUMBBELL BLITZ</b> 🍊🍊🍊🍊🍊	09 <input type="checkbox"/> <b>LEG DAY ALL DAY</b> 🍊🍊🍊🍊🍊	10 <input type="checkbox"/> <b>DUMBBELL BLITZ</b> 🍊🍊🍊🍊🍊	11 <input type="checkbox"/> <b>THE BUTT LIFT</b> 🍊🍊🍊🍊🍊	12 <input type="checkbox"/> <b>DUMBBELL BLITZ</b> 🍊🍊🍊🍊🍊	13 <input type="checkbox"/> <b>HIIT ABS</b> 🍊🍊🍊🍊🍊	14 <input type="checkbox"/> <b>REST</b> 🌴🌴🌴🌴🌴
15 <input type="checkbox"/> <b>THE BURN</b> 🍊🍊🍊🍊🍊	16 <input type="checkbox"/> <b>LEG DAY ALL DAY</b> 🍊🍊🍊🍊🍊	17 <input type="checkbox"/> <b>DUMBBELL BLITZ</b> 🍊🍊🍊🍊🍊	18 <input type="checkbox"/> <b>THE BUTT LIFT</b> 🍊🍊🍊🍊🍊	19 <input type="checkbox"/> <b>THE BURN</b> 🍊🍊🍊🍊🍊	20 <input type="checkbox"/> <b>LIT ABS</b> 🍊🍊🍊🍊🍊	21 <input type="checkbox"/> <b>REST</b> 🌴🌴🌴🌴🌴
22 <input type="checkbox"/> <b>DUMBBELL BLITZ</b> 🍊🍊🍊🍊🍊	23 <input type="checkbox"/> <b>LEG DAY ALL DAY</b> 🍊🍊🍊🍊🍊	24 <input type="checkbox"/> <b>DUMBBELL BLITZ</b> 🍊🍊🍊🍊🍊	25 <input type="checkbox"/> <b>THE BUTT LIFT</b> 🍊🍊🍊🍊🍊	26 <input type="checkbox"/> <b>DUMBBELL BLITZ</b> 🍊🍊🍊🍊🍊	27 <input type="checkbox"/> <b>HIIT ABS</b> 🍊🍊🍊🍊🍊	28 <input type="checkbox"/> <b>REST</b> 🌴🌴🌴🌴🌴

Use your rest days to explore the app for our yoga, stretching, meditation classes, and more! Beachbody On Demand Interactive (BODi) has a variety of live and on-demand classes to choose from—so listen to your body and give it what it needs!

Share your sweaty selfies and tag [@beachbody](#) + [@JORDAN\\_MORELLO](#)

