



# #FFAprilAbs Training Calendar

**FITFLUENTIAL**  
FITNESS FOUND.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. 30 seconds	2. 35 seconds	3. 40 seconds	4. 45 seconds	5. 50 seconds
6. 55 seconds	7. 1 minute	8. 1 minute and 5 seconds	9. 1 minute and 10 seconds	10. 1 minute and 15 seconds	11. 1 minute and 20 seconds	12. 1 minute and 25 seconds
13. 1 minute and 30 seconds	14. 1 minute and 35 seconds	15. HALF WAY! 1 minute and 40 seconds	16. 1 minute and 45 seconds	17. 1 minute and 50 seconds	18. 1 minute and 55 seconds	19. 2 minutes
20. 2 minutes and 5 seconds	21. 2 minutes and 10 seconds	22. 2 minutes and 15 seconds	23. 2 minutes and 20 seconds	24. 2 minutes and 25 seconds	25. 2 minutes and 30 seconds	26. 2 minutes and 35 seconds
27. 2 minutes and 40 seconds	28. 2 minutes and 45 seconds	29. 2 minutes and 50 seconds	30. YOU MADE IT! 3 minutes			