

Coach Theo's Hardcore Total Body [4 Week Program]

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>
<i>Week 1</i>	Total Body Athletic Push Workout	Total Body Athletic Pull Workout	Total Body Athletic Workout
<i>Week 2</i>	Balance Core & Power Workout	Total Body Athletic Push Workout	Total Body Athletic Pull Workout
<i>Week 3</i>	Total Body Athletic Workout	40 Min Bodyweight Burner	Total Body Athletic Push Workout
<i>Week 4</i>	Total Body Athletic Pull Workout	Total Body Athletic Workout	35 10 Fast Supersets Workout + 10 min Finisher

[ACCESS FULL HARDCORE WORKOUTS AND DICED UP ABS 2.0 HERE \(click\)](#)

USE PASSWORD: **Sept23**

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For Diced Up Abs 2.0

-You can do the ab routines same day as Hardcore Workouts at the beginning for a warm-up or at the end for a cool-down.

-Or you can do the ab routines on 'off-days' as separate stand-alone workouts.