



# FLAT BELLY FIRM BUTT IN 16 MINUTES

[www.FitnessReloaded.com](http://www.FitnessReloaded.com)

## FB16 90-Day Workout Calendar

16 Minutes from now you're going to be  
FITTER, LEANER, STRONGER, HOTTER.

FB16	MON	TUE	WED	THU	FRI	SAT	SUN
Example	<i>Fit Test</i>		<i>Abs Cardio Circuit</i>			<i>Butt Cardio Circuit</i>	
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							



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WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							
WEEK 9							



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FB16	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							
WEEK 13							