



ROCK THE CORE

WITH CHELSEA MCKINNEY

EARN IT! LIVE IT! LOVE IT!

Plank Town	Core Countdown	Ab Flex	Rest	V IS For Victory	Brain Power	Compress for Success
Rest	Plank Town	Core Countdown	Ab Flex	Rest	V IS For Victory	Brain Power
Compress for Success	Rest	Plank Town	Core Countdown	Ab Flex	Rest	V IS For Victory
Brain Power	Compress for Success	Rest	Plank Town	Core Countdown	Ab Flex	Rest
V IS For Victory	Brain Power	Compress for Success				

Start Date:

Body Fat%

Weight: