

Sonia D'Souza

WEEK 1

# MONDAY ABS & LEGS

*Every accomplishment starts with the decision... to try!*



BRIDGE



20 REPS SLOW  
20 REPS FAST

AB BIKES



20 REPS

PLANK



3 REPS / 20 SEC  
(20SEC REST BTW EACH)

CIRCUIT 1 - TOTAL : 10MIN

SIT UPS



20 REPS

AB BIKES



20 REPS

SUMO SQUAT



20 REPS

CIRCUIT 2 - TOTAL : 10MIN

SINGLE LEG HIP RAISE



20 REPS BY LEG

SQUAT



40 REPS

PLANCHE



4 REPS / 20 SEC  
(20SEC REST BTW EACH)

CIRCUIT 3 - TOTAL : 10MIN

## TOP BODY CHALLENGE

*Training Program*

GET YOUR TOP BODY IN LESS THAN 12 WEEKS

# Sonia Tlev Top Body Challenge Download

**Chao Zhang**



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