

DAILY EXECUTION CHECKLIST — DAYS 1–30

Day	Workout Done	Ab Roller	Time	Why (Execution Logic)	✓
1	Core activation + planks	<input type="checkbox"/>	35	Build deep core stability before loading	<input type="checkbox"/>
2	Hollow holds + ab roller	<input checked="" type="checkbox"/>	40	Teach abs to stay tight under movement	<input type="checkbox"/>
3	Core circuit (plank / bike / dead bug)	<input type="checkbox"/>	30	Add volume without stressing spine	<input type="checkbox"/>
4	Ab roller + leg raises	<input checked="" type="checkbox"/>	45	Begin progressive overload	<input type="checkbox"/>
5	Mobility + dead bugs	<input type="checkbox"/>	30	Protect tendons for daily training	<input type="checkbox"/>
6	High-volume core + ab roller	<input checked="" type="checkbox"/>	55	Force adaptation through volume	<input type="checkbox"/>
7	Plank ladder	<input type="checkbox"/>	25	Maintain tension with low joint stress	<input type="checkbox"/>
8	Same as Day 1 (slightly harder)	<input type="checkbox"/>	35	Reinforce foundation	<input type="checkbox"/>
9	Same as Day 2	<input checked="" type="checkbox"/>	40	Increase ab-wheel tolerance	<input type="checkbox"/>
10	Same as Day 3	<input type="checkbox"/>	30	Sustain frequency	<input type="checkbox"/>
11	Same as Day 4	<input checked="" type="checkbox"/>	45	Progressive overload continues	<input type="checkbox"/>
12	Structural recovery	<input type="checkbox"/>	30	Avoid overuse injury	<input type="checkbox"/>
13	High-volume core + ab roller	<input checked="" type="checkbox"/>	55	Weekly peak stimulus	<input type="checkbox"/>
14	Density plank work	<input type="checkbox"/>	25	End phase without fatigue spike	<input type="checkbox"/>
15	Heavy ab roller + crunches	<input checked="" type="checkbox"/>	50	Start hypertrophy phase	<input type="checkbox"/>
16	Heavy ab roller day	<input checked="" type="checkbox"/>	50	Thicken rectus abdominis	<input type="checkbox"/>
17	Compression workout	<input checked="" type="checkbox"/>	30	Maintain intensity on low energy	<input type="checkbox"/>
18	Heavy ab roller + leg raises	<input checked="" type="checkbox"/>	50	Continue overload	<input type="checkbox"/>
19	Structural recovery	<input type="checkbox"/>	25	Preserve daily consistency	<input type="checkbox"/>
20	Heavy core day	<input checked="" type="checkbox"/>	55	Weekly volume anchor	<input type="checkbox"/>
21	Compression workout	<input checked="" type="checkbox"/>	30	Prevent missed day	<input type="checkbox"/>
22	Heavy ab roller	<input checked="" type="checkbox"/>	50	Muscle stimulus	<input type="checkbox"/>
23	Heavy ab roller	<input checked="" type="checkbox"/>	50	Muscle stimulus	<input type="checkbox"/>
24	Compression workout	<input checked="" type="checkbox"/>	30	Recovery-adjusted effort	<input type="checkbox"/>
25	Heavy core day	<input checked="" type="checkbox"/>	55	Volume accumulation	<input type="checkbox"/>
26	Structural recovery	<input type="checkbox"/>	25	Tendon protection	<input type="checkbox"/>
27	Heavy ab roller	<input checked="" type="checkbox"/>	50	Maintain growth signal	<input type="checkbox"/>
28	Compression workout	<input checked="" type="checkbox"/>	30	Avoid fatigue crash	<input type="checkbox"/>
29	Heavy ab roller	<input checked="" type="checkbox"/>	50	Final overload of phase	<input type="checkbox"/>
30	Measurement + light core	<input type="checkbox"/>	20	Lock midpoint data	<input type="checkbox"/>

DAILY EXECUTION CHECKLIST — DAYS 31–60

Day	Workout Done	Ab Roller	Time	Why (Execution Logic)	✓
31	Heavy ab roller	<input checked="" type="checkbox"/>	45	Maintain muscle under deficit	<input type="checkbox"/>
32	Compression workout	<input checked="" type="checkbox"/>	30	Preserve frequency	<input type="checkbox"/>
33	Heavy core day	<input checked="" type="checkbox"/>	50	Keep hypertrophy stimulus	<input type="checkbox"/>
34	Structural recovery	<input type="checkbox"/>	25	Prevent inflammation	<input type="checkbox"/>
35	Heavy ab roller	<input checked="" type="checkbox"/>	45	Reinforce thickness	<input type="checkbox"/>
36	Compression workout	<input checked="" type="checkbox"/>	30	Energy-adjusted execution	<input type="checkbox"/>
37	Heavy core day	<input checked="" type="checkbox"/>	50	Maintain volume	<input type="checkbox"/>
38	Structural recovery	<input type="checkbox"/>	25	Joint preservation	<input type="checkbox"/>
39	Heavy ab roller	<input checked="" type="checkbox"/>	45	Last growth push	<input type="checkbox"/>
40	Compression workout	<input checked="" type="checkbox"/>	30	Transition prep	<input type="checkbox"/>
41	Definition workout	<input checked="" type="checkbox"/>	35	Preserve muscle clarity	<input type="checkbox"/>
42	Definition workout	<input checked="" type="checkbox"/>	35	Same stimulus, no increase	<input type="checkbox"/>
43	Structural recovery	<input type="checkbox"/>	25	Reduce fatigue	<input type="checkbox"/>
44	Definition workout	<input checked="" type="checkbox"/>	35	Maintain separation	<input type="checkbox"/>
45	Compression workout	<input checked="" type="checkbox"/>	30	Keep frequency high	<input type="checkbox"/>
46	Definition workout	<input checked="" type="checkbox"/>	35	Avoid muscle loss	<input type="checkbox"/>
47	Structural recovery	<input type="checkbox"/>	25	Inflammation control	<input type="checkbox"/>
48	Definition workout	<input checked="" type="checkbox"/>	35	Sustain tension	<input type="checkbox"/>
49	Compression workout	<input checked="" type="checkbox"/>	30	Avoid burnout	<input type="checkbox"/>
50	Definition workout	<input checked="" type="checkbox"/>	35	Consistency > intensity	<input type="checkbox"/>
51	Structural recovery	<input type="checkbox"/>	25	Protect joints	<input type="checkbox"/>
52	Definition workout	<input checked="" type="checkbox"/>	35	Maintain clarity	<input type="checkbox"/>
53	Compression workout	<input checked="" type="checkbox"/>	30	Sleep-adjusted	<input type="checkbox"/>
54	Definition workout	<input checked="" type="checkbox"/>	35	No volume increase	<input type="checkbox"/>
55	Structural recovery	<input type="checkbox"/>	25	Final fatigue management	<input type="checkbox"/>
56	Definition workout	<input checked="" type="checkbox"/>	35	Hold muscle	<input type="checkbox"/>
57	Light ab roller + stretch	<input checked="" type="checkbox"/>	25	Reduce inflammation	<input type="checkbox"/>
58	Light core only	<input type="checkbox"/>	20	Avoid water retention	<input type="checkbox"/>
59	Mobility + breathing	<input type="checkbox"/>	15	Rest nervous system	<input type="checkbox"/>
60	Photos + measurements	<input type="checkbox"/>	—	Record outcome honestly	<input type="checkbox"/>