SUMMER CHALLENGE

DEINE 30 TAGE FITNESS CHALLENGE // KAYA RENZ

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1 new! PO Workout 15 Minuten	2 BurnCalories Workout 20 Minuten	3 Sixpack Workout 10 Minuten	4 CoolDown Flow 10 Minuten	5 Mini Band Workout 25 Minuten	6 Plank Challenge 5 Minuten	7 Kraft Workout 15 Minuten
8 Upperbody Core 15 Minuten	9 CoolDown Flow 10 Minuten	10 LIVE WORKOUT 30 Minuten	11 Sixpack HIIT 8 Minuten	12 Core&Leg Tabata 8 Minuten	13 WarmUp 10 Minuten	14 Fullbody Workout 10 Minuten
15 Lowerbody Workout 15 Minuten	16 Fullbody Tabata 7 Minuten	17 Upperbody Core 15 Minuten	18 Sixpack Workout 10 Minuten	19 CoolDown Flow 10 Minuten	20 new! Fullbody Workout 30 Minuten	21 BurnCalories Workout 20 Minuten
22 Plank Challenge 5 Minuten	23 PO Workout 15 Minuten	24 Mini Band Workout 25 Minuten	25 LIVE WORKOUT 30 Minuten	26 WarmUp 10 Minuten	27 Kraft Workout 15 Minuten	28 Advanced Tabata 15 Minuten
29 Sixpack Workout 10 Minuten	30 LIVE WORKOUT 30 Minuten					

Strong & Fit

YouTube

www.youtube.com/kayarenz