

HERBST CHALLENGE

FIT UND GESUND DURCH DEN HERBST



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

1

Kraft & Cardio
Workout

2

30min Fullbody
Workout

3

BOOTY
Workout

4

Daily Stretch

5

50min Fullbody
Workout

6

7min Plank
Workout

7

Kraft Home
Workout

8

20min Miniband
Workout

9

CoolDown
Flow

10

Upperbody ABS
Workout

11

AdvancedSixpack
Workout

12

15min TABATA
Workout

13

LIVE!

14

Burn Calories
Workout

15

Daily Stretch

16

25min Miniband
Workout

17

5min Plank
Workout

18

Lowerbody
Workout

19

Rücken
Workout

20

10min Sixpack
Workout

21

25min TRX
Workout

22

CoolDown
Flow

23

7min TABATA
Workout

24

Kraft & Cardio
Workout

25

LIVE!

26

AdvancedSixpack
Workout

27

30min Fullbody
Workout

28

Daily Stretch

29

Core & Leg
Tabata

30

7min Plank
Workout

31

20min Miniband
Workout

#kayarenz