

#fitnikaya

JANUAR CHALLENGE

FIT UND GESUND INS NEUE JAHR



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
				1 22min Miniband Workout	2 7min Plank Workout	3 50min Fullbody Workout
4 10min Sixpack Workout	5 Cool Down Flow	6 Burn Calories Workout	7 Pregnancy Rücken	8 15min Booty Workout	9 AdvancedSixpack Workout	10 Daily Stretch
11 Kraft Home Workout	12 5min Plank Workout	13 Tabata Fullbody Workout	14 Kraft & Cardio Workout	15 TRX Fullbody Workout	16 Warm Up Routine	17 25min Miniband Workout
18 Upperbody ABS Workout	19 Pregnancy Hantel	20 8min Sixpack Workout	21 30min Fullbody Workout	22 Daily Stretch	23 8min Core&Leg Workout	24 TRX Beginner Workout
25 7min Plank Workout	26 50min Fullbody Workout	27 Lowerbody Workout	28 7min Tabata Workout	29 Cool Down Flow	30 Pregnancy Rücken	31 Kraft & Cardio Workout