

#fitnikaya

PREGNANCY CHALLENGE

FIT UND GESUND INS NEUE JAHR



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

4
Floor
Workout

5
Daily
Stretch

6
Beckenboden
Workout

7
Rücken
Workout

8
Warm Up
Routine

9
TRX
Workout

10
BOOTY
Workout

11
Miniband
Workout

12
Beckenboden
Workout

13
Daily
Stretch

14
28min Fullbody
Workout

15
Hantel
Workout

16
Fit mit
BUGGY

17
Core
Workout

18
Warm Up
Routine

19
Arme & Beine
Workout

20
Rücken
Workout

21
Beckenboden
Workout

22
Po & Beine
Workout

23
Kraft
Workout

24
Daily
Stretch

25
Floor
Workout

26
Hantel
Workout

27
20min Fullbody
Workout

28
Beckenboden
Workout

29
Miniband
Workout

30
Warm Up
Routine

31
28min Fullbody
Workout