

#fitmitkaya

# PREGNANCY CHALLENGE

FIT IN DEN SOMMER



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

1  
28min Fullbody  
Workout

2  
Daily  
Stretch

3  
Rücken  
Workout

4  
Miniband  
Workout

5  
Beckenboden  
Workout

6  
Floor  
Workout

7  
Pregnancy  
Stretch

8  
Hantel  
Workout

9  
Po & Beine  
Workout

10  
CARDIO

11  
CARDIO

12  
CARDIO

13  
CARDIO

14  
CARDIO

15  
CARDIO

16  
CARDIO

17  
20min Fullbody  
Workout

18  
Core  
Workout

19  
Beckenboden  
Workout

20  
Kraft  
Workout

21  
Fit mit  
BUGGY

22  
Daily  
Stretch

23  
Booty  
Workout

24  
TRX  
Workout

25  
Beckenboden  
Workout

26  
Fullbody  
3. Trimester

27  
Arme + Beine  
Workout

28  
Pregnancy  
Stretch

29  
Rücken  
Workout

30  
20min Fullbody  
Workout



CARDIO with