

#fitnikaya

MAI CHALLENGE

FIT IN DEN SOMMER



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

1
Kraft & Cardio
Workout

2
30min Fullbody
Workout

3
AdvancedSixpack
Workout

4
Daily
Stretch

5
Upperbody ABS
Workout

6
Burn Calories
Workout

7
Booty
Workout

8
7min Plank
Workout

9
50min Fullbody
Workout

10
CARDIO

11
CARDIO

12
CARDIO

13
CARDIO

14
CARDIO

15
CARDIO

16
CARDIO

17
Tabata Fullbody
Workout

18
Sixpack
Workout

19
Kraft Home
Workout

20
Miniband 20min
Workout

21
5min Plank
Workout

22
Cool Down
Flow

23
7min Tabata
Workout

24
TRX Fullbody
Workout

25
Lowerbody
Workout

26
Miniband 25min
Workout

27
Core & Leg
Workout

28
Daily
Stretch

29
Kraft & Cardio
Workout

30
Burn Calories
Workout



CARDIO with