

30 DAYS **BOOTY BLASTER** STRONG & SEXY CHALLENGE



WOCHE 1	WOCHE 2	WOCHE 3	WOCHE 4
TAG 1	TAG 1	TAG 1	TAG 1
5 RUNDEN	5 RUNDEN	5 RUNDEN	5 RUNDEN
#A1-SQUAT 8REPS	#A1-SQUAT 8REPS	#A1-SQUAT 8REPS	#A1-SQUAT 8REPS
#E2-WEIGHTED SIT UP 8REPS	#E2-WEIGHTED SIT UP 8REPS	#E2-WEIGHTED SIT UP 8REPS	#E2-WEIGHTED SIT UP 8REPS
#B1-DEADLIFT 8REPS	#B1-DEADLIFT 8REPS	#B1-DEADLIFT 8REPS	#B1-DEADLIFT 8REPS
#D3-PUSHUP 4REPS	#D3-PUSHUP 4REPS	#D3-PUSHUP 4REPS	#D3-PUSHUP 4REPS
TAG 2	TAG 2	TAG 2	TAG 2
ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH
TAG 3	TAG 3	TAG 3	TAG 3
ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH
TAG 4	TAG 4	TAG 4	TAG 4
5 RUNDEN	5 RUNDEN	5 RUNDEN	5 RUNDEN
#A3-SPLIT SQUAT 6/6REPS	#A3-SPLIT SQUAT 6/6REPS	#A3-SPLIT SQUAT 6/6REPS	#A3-SPLIT SQUAT 6/6REPS
#B1-DEADLIFT 8REPS	#B1-DEADLIFT 8REPS	#B1-DEADLIFT 8REPS	#B1-DEADLIFT 8REPS
#E1-RUSSIAN TWIST 10/10REPS	#E1-RUSSIAN TWIST 10/10REPS	#E1-RUSSIAN TWIST 10/10REPS	#E1-RUSSIAN TWIST 10/10REPS
#C4-BENT OVER ROW 8REPS	#C4-BENT OVER ROW 8REPS	#C4-BENT OVER ROW 8REPS	#C4-BENT OVER ROW 8REPS
TAG 5	TAG 5	TAG 5	TAG 5
ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH	ACTIVE REST YOGA/ STRETCH
TAG 6	TAG 6	TAG 6	TAG 6
ENDURANCE	ENDURANCE	ENDURANCE	ENDURANCE
8 RUNDEN	8 RUNDEN	8 RUNDEN	8 RUNDEN
150-200M RUN FAST	150-200M RUN FAST	150-200M RUN FAST	150-200M RUN FAST
60SEC PAUSE	60SEC PAUSE	60SEC PAUSE	60SEC PAUSE
TAG 7	TAG 7	TAG 7	TAG 7
FULL REST NETFLIX&CHILL	FULL REST NETFLIX&CHILL	FULL REST NETFLIX&CHILL	FULL REST NETFLIX&CHILL

1 _FOR BEGINNER

