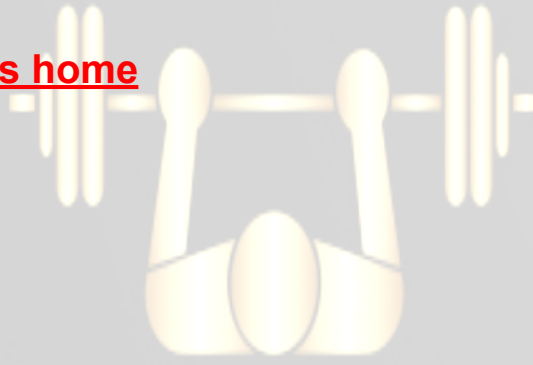


Weight loss workouts home



Day 1

- 1, jumping jacks
- 2, high knees
- 3, situps
- 4, stepups
- 5, butt kicks
- 6, straight hand rotations
- 7, knee pushups

Day 2

- 1, mountain climbers
- 2, crunches
- 3, flutter kicks
- 4, leg raises
- 5, russian twists
- 6, v kick sit outs
- 7, plank hold

Day 3

- 1, squats
- 2, wide squats
- 3, reverse lunges
- 4, calf raises
- 5, side leg raises
- 6, donkey kicks
- 7, side bend walks

Day 4

- 3, bottle chest press
- 4, bottle chest fly
- 5, bottle shoulder fnt
- 1, knee pushups
- 2 wall pushups raises
- 6, bottle shoulder press
- 7, bottle side raises

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Day 5

- 1, bottle bent rows
- 2, single arm bottle row]
- 3, bottle deadlift
- 4, bottle bicep curls
- 5, bottle hammer curls
- 6, bottle traisep kick back
- 7, bottle oh extension



FITBOYALLO

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