

HOME WORKOUT PLAN

45 MIN PER DAY

Pamela Reif

DAY 1
FULL
BODY



DAY 2
BOOTY



DAY 3
ULTIMATE
FAT BURN



DAY 4

REST DAY

OPTIONAL:

30 MIN
YOGA FLOW
DEEP STRETCH & STRENGTH



DAY 5
UPPER BODY
+ ABS



DAY 6
BOOTY
+ DANCE



DAY 7

REST DAY