

HOME WORKOUT PLAN

45 MIN PER DAY

Pamela Reif

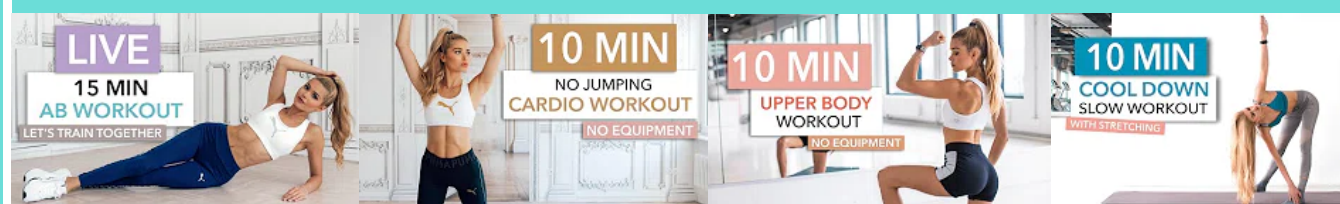
DAY 1

BOOTYLICIOUS
MONDAY



DAY 2

ABS+
UPPER BODY



DAY 3

BOOTY +
ABS



DAY 4

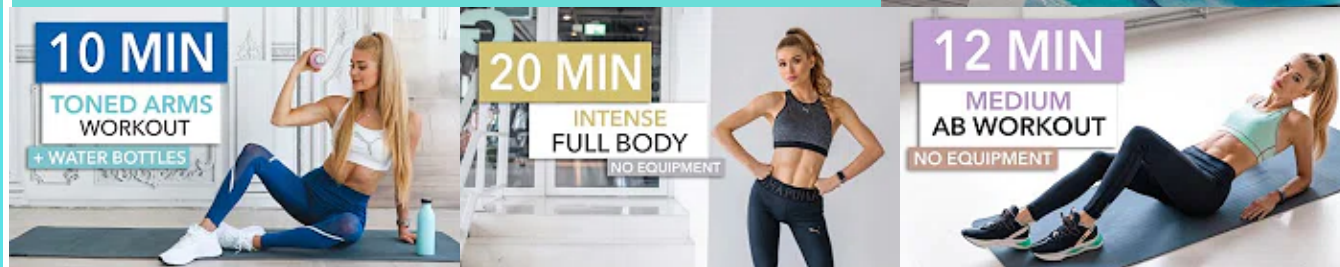
REST DAY

OPTIONAL:



DAY 5

ARMS, ABS +
FULL BODY



DAY 6

NO SQUAT
BOOTY DAY



DAY 7

REST DAY