


WEEK 13 / 2022

HOME WORKOUT PLAN

30 MIN FULL BODY

CHRISTOPHER GOES CARDIO


Monday

 190-305 kcal



OFENBACH DON'T SKIP LEG DAY


Tuesday

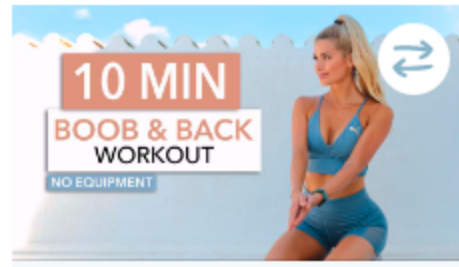
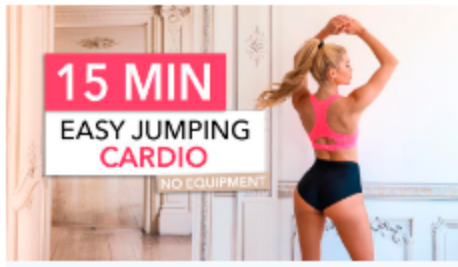
 155-260 kcal



W... WEDNESDAY


Wednesday

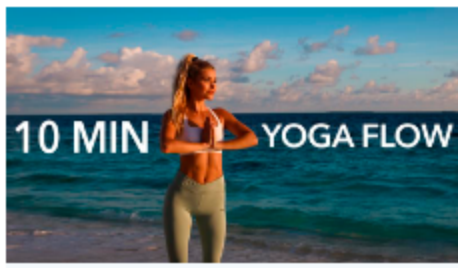
 210-340 kcal



PIANO FLOW


Thursday

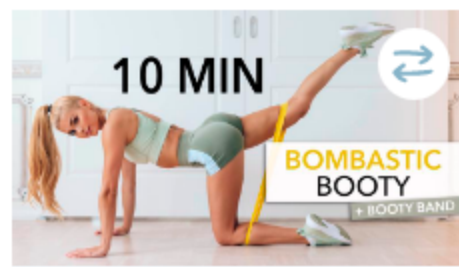
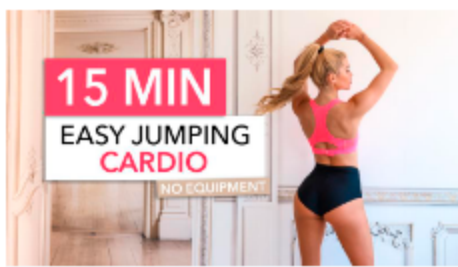
 50-90 kcal



JASON, JUST GO HOME.


Saturday

 185-295 kcal



FRANS LOVES SLOW FRIDAYS

Friday

 90-155 kcal



Sunday

REST DAY

