


WEEK 13 / 2022

HOME WORKOUT PLAN

BEGINNER


Monday

 120-185 kcal



OFENBACH DON'T SKIP LEG DAY


Tuesday

 145-250 kcal



JACOB NEEDS BICEPS

Wednesday

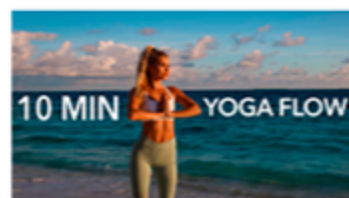
 150-260 kcal



PIANO FLOW

Thursday

 50-90 kcal



FRANS LOVES SLOW FRIDAYS


Friday

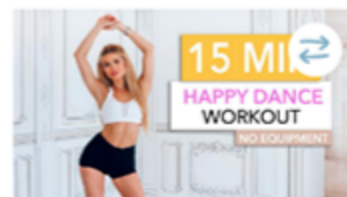
 80-155 kcal



NO JASON FOR BEGINNERS! YAY

Saturday

 140-245 kcal



Sunday

REST DAY

