### HOME WORKOUT PLAN

**Pamela Reif**

**30 MIN PER DAY**

**DAY 1**
- FEEL GOOD MONDAY
  - **15 MIN** SEXY DANCE WORKOUT (NO EQUIPMENT)
  - **10 MIN** GOOD MORNING WORKOUT (NO EQUIPMENT)
  - **LIVE** 10 MIN SIXPACK WORKOUT (LET'S TRAIN TOGETHER)

**DAY 2**
- LEGS+BOOTY
  - **LIVE** 20 MIN LEGS + BOOTY INTENSE (LET'S TRAIN TOGETHER)
  - **15 MIN** KNEE FRIENDLY BOOTY WORKOUT (NO EQUIPMENT)

**DAY 3**
- ABS + FAT BURN
  - **10 MIN** AB WORKOUT (NO EQUIPMENT)
  - **8 MIN** ABS & HIT WORKOUT with Jason Derulo
  - **15 MIN** DANCE CARDIO WORKOUT (NO EQUIPMENT)

**DAY 4**
- REST DAY

**DAY 5**
- UPPER BODY + ABS
  - **10 MIN** CARDIO NEW
  - **10 MIN** UPPER BODY WORKOUT (NO EQUIPMENT)
  - **12 MIN** MEDIUM AB WORKOUT (NO EQUIPMENT)

**DAY 6**
- ABS+BOOTY
  - **15 MIN** ABS LIVE
  - **10 MIN** BOOTY WORKOUT (NO EQUIPMENT)

**DAY 7**
- REST DAY