

HOME WORKOUT PLAN

Pamela Reif

30 MIN PER DAY

DAY 1
FEEL
GOOD
MONDAY



DAY 2
LEGS+BOOTY



DAY 3
ABS
+ FAT BURN



DAY 4

REST DAY

OPTIONAL:

30 MIN
YOGA FLOW
DEEP STRETCH & STRENGTH



DAY 5
UPPER BODY
+ ABS

10 MIN CARDIO
NEW



12 MIN
MEDIUM
AB WORKOUT
NO EQUIPMENT



DAY 6
ABS+BOOTY

15 MIN ABS
LIVE



DAY 7

REST DAY