

Home Workout



Let's Start Your Workout

▶ 43 Minutes



Today

Abs Workout

Legs Workout

Weight Loss Training
Full Body Workout

▶ 40 Min 🔥 350 Cal

Tabletop dip

00:05

Tabletop dip x 10

- Set on the edge of a bench with your hands directly shoulder-width apart and knees bent to 90 degrees.
- Press the side of the right hand.
- Be sure to grip tightly.
- Push your arms, straighten the knees, and lean forward until your body is fully extended and supported by your hands.

Friday 27

30 Day Full Body Workout

Day 1 30%

Day 2 40%

Day 3 50%

Total Calories
890 Cal

Active Calories
🔥 560 Cal

Sleep

Water
6/8 Glasses

Gym
2h 40min

Walk
10,024 Step

Active Calories
580 Cal

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Shasha Hu



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