



FINN AND BONNIE  
FITNESS CLUB

# 1 WEEK HOME WORKOUT PLAN

**Monday**

Leg Day

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**Tuesday**

Leg and Abs

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**Wednesday**

Abs Workout 30 Minutes

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**Thursday**

Recovery Yoga 10 Minutes

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**Friday**

Cardio Abs 30 Minutes

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**Saturday**

Pull Day Work 40 Minutes

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**Sunday**

Rest Day

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**HARD  
CORE**

# How To Start Home Workout Usa For Experts 16225

**Christian G. Meyer**



**How To Start Home Workout Usa For Experts 16225:**

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