



FINN AND BONNIE
FITNESS CLUB

1 WEEK HOME WORKOUT PLAN

Monday

Leg Day

Tuesday

Leg and Abs

Wednesday

Abs Workout 30 Minutes

Thursday

Recovery Yoga 10 Minutes

Friday

Cardio Abs 30 Minutes

Saturday

Pull Day Work 40 Minutes

Sunday

Rest Day



**HARD
CORE**

How To Start Home Workout Usa For Experts 16225

Thomas Griffiths



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