

HOME WORKOUT PLAN

Re-Start
after sickness or a break



FULL BODY - WAKE UP CALL

Monday

110 - 270 Kcal



SLOW + STRONG LEGS

Tuesday

150 - 305 Kcal



HELLO ABS, WHERE ARE U

Wednesday

130 - 270 Kcal



Thursday REST DAY

STRONG BACK + GOOD POSTURE

Friday

110 - 235 Kcal



FULL BODY + SWEAT

Saturday

205 - 510 Kcal



Best Way To Home Workout 2025 For Workers

Annelies Wilder-Smith



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