



Free At-Home WORKOUT PLAN

free at home workouts

01 Lower Body Strength + Cardio 30 Minutes	02 Upper Body HIIT 30 Minutes	03 Cardio and Abs 30 Minutes	04 <i>Rest Day:</i> Barre Butt + Abs 10 Minutes	05 Total Body Pyramid 30 Minutes	06 Full Body HIIT 20 Minutes	07 <i>Rest Day:</i> Full Body Stretch 10 Minutes
08 Legs + Back 30 Minutes	09 Upper Body Strength + Cardio 30 Minutes	10 Power Barre 30 Minutes	11 <i>Rest Day:</i> Abs, Butt + Thighs 15 Minutes	12 Total Body HIIT 30 Minutes	13 HIIT Pyramid and 7-Min Abs 30 Minutes	14 <i>Rest Day:</i> Full Body Stretch 10 Minutes
15 Lower Body Strength + Cardio 30 Minutes	16 Back Workout and 5-Min Abs 30 Minutes	17 Cardio and Abs 30 Minutes	18 <i>Rest Day:</i> Power Yoga 15 Minutes	19 Full Body Pyramid 35 Minutes	20 Best Full Body and Lower Abs 30 Minutes	21 <i>Rest Day:</i> Full Body Stretch 10 Minutes
22 Legs, Back + Biceps Pyramid 30 Minutes	23 Chest Workout and 5-Min Abs 30 Minutes	24 Cardio Kickboxing Barre 30 Minutes	25 <i>Rest Day:</i> HIIT Cardio 15 Minutes	26 Kettlebell (or 1 DB) HIIT 30 Minutes	27 No Repeats HIIT 30 Minutes	28 <i>Rest Day:</i> Full Body Stretch 10 Minutes

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Christian Drosten



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