

# HOME WORKOUT PLAN

45min / Fat Burn

DAY 1   
Booty + Abs



10min Booty Activation



2in1



10min Sweat

DAY 2   
Abs, Arms + Dance



12min Abs



10min Arms w/ Bottles



8min Jason



15min Dance

DAY 3   
Booty x3



12min Booty



15min Booty



20min Booty

DAY 4

REST DAY, optional:



DAY 5   
From Head to Toe



10min Sixpack

NEW VIDEO

10min Back



10min Cardio



15min HIIT

DAY 6   
Abs, Booty + Dance

NEW VIDEO

Sliding Socks



20min Legs + Booty



15min Sexy Dance

DAY 7

REST DAY

YOUTUBE: PAMELA REIF

# What Is Home Workout For Creators 8074

**Terry C. Jones**



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