2025

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

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Best Way To Home Workout 2025 For Students

Xiang Xie

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