

Welcome, michhessel

Keep this week going strong!



Workouts

1

Targets Hit

100% 2/2

Weekly Body Activity



- Full Body
- Upper Body
- Lower Body
- Core
- Bodyweight
- Warm Up

YOUR WEEKLY PLAN

Dec 4 - Dec 11

Welcome to your first week of guided training! Learn the movements, correct form, and full range of motion by practicing different bodyweight exercises.

DAY 1
BODYWEIGHT

TOP PICK
30 min Bodyweight Strength

MORE OPTIONS

DAY 2
UPPER BODY

DAY 3
CORE

From Your Instructors

Step Guide To Home Workout Routine Software Alternatives Without Paid

JR Anderson



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