

Welcome, michhessel

Keep this week going strong!

Weekly Body Activity



Workouts

1

Targets Hit

100% 2/2

- 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

# Income Proof With Free Tools How To Start Home Workout Routine Software

**Lingsheng Yao**



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