

ROUTINE 01

Home workout
Level: Beginner

Week 1

Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

Fullbody 01	LISS 20 min	Fullbody 02	LISS 20 min	Fullbody 03	LISS 20 min	LISS 20 min
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Week 2

Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

Fullbody 01	LISS 20 min	Fullbody 02	LISS 20 min	Fullbody 03	LISS 20 min	LISS 20 min
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Week 3

Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

Fullbody 01	LISS 30 min	Fullbody 02	LISS 30 min	Fullbody 03	LISS 30 min	LISS 30 min
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Week 4

Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday

Fullbody 01	LISS 30 min	Fullbody 02	LISS 30 min	Fullbody 03	LISS 30 min	LISS 30 min
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