

ROUTINE 02

Home workout

Level: Beginner/ intermediate / advanced

Week 1

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

Lowerbody 01	Upperbody 01	LISS 30 min	lowerbody 02	Upperbody 02	LISS 30 min	LISS 30 min
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Week 2

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

Lowerbody 01	Upperbody 01	LISS 30 min	Lowerbody 02	Upperbody 02	LISS 30 min	LISS 30 min
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Week 3

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

Lowerbody 01	Upperbody 01	LISS 40 min	Lowerbody 02	Upperbody 02	LISS 30 min	LISS 30 min
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Week 4

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

Lowerbody 01	Upperbody 01	LISS 40 min	Lowerbody 02	Upperbody 02	LISS 40 min	LISS 40 min
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