

ROUTINE 03

Home workout
Level: Intermediate / advanced

Week 1

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

Fullbody 04	LISS 30 min	Fullbody 05	LISS 30 min	Lowerbody 03	Upperbody 03	LISS 30 min
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Week 2

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

Fullbody 04	LISS 30 min	Fullbody 05	LISS 30 min	Lowerbody 03	Upperbody 03	LISS 30 min
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Week 3

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

Fullbody 04	LISS 40 min	Fullbody 05	LISS 30 min	Lowerbody 03	Upperbody 03	LISS 30 min
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Week 4

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

Fullbody 04	LISS 40 min	Fullbody 05	LISS 40 min	Lowerbody 03	Upperbody 03	LISS 40 min
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