

Sommer FIT



So fit bist du! ♥

July

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
KW 27				Workout #1	Workout #2	Pause	Workout #3
KW 27	Workout #4	Pause	Workout #5	Workout #6	Pause	Workout #7	Workout #8
KW 28	Pause	Workout #9	Workout #10	Pause	Workout #1	Workout #3	Pause
KW 29	Workout #5	Workout #7	Pause	Workout #9	Pause	Workout #10	Workout #2
KW 30	Pause	Workout #4	Workout #6	Pause	Workout #8	Pause	



August

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
KW 30							Workout #1
KW 31	Pause	Workout #2	Workout #3	Pause	Workout #4	Workout #5	Pause
KW 32	Workout #6	Pause	Workout #7	Workout #8	Pause	Workout #9	Workout #10
KW 33	Pause	Workout #1	Pause	Workout #3	Workout #5	Pause	Workout #7
KW 34	Workout #9	Pause	Workout #2	Workout #4	Pause	Workout #6	Workout #8
KW 35	Pause	Workout #10					

