

# Sommer FIT



So fit bist du! ♥

July

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
KW 26					Workout #1	Workout #2	Pause
KW 27	Workout #3	Workout #4	Pause	Workout #5	Workout #6	Pause	Workout #7
KW 28	Workout #8	Pause	Workout #9	Workout #10	Pause	Workout #1	Workout #3
KW 29	Pause	Workout #5	Workout #7	Pause	Workout #9	Pause	Workout #10
KW 30	Workout #2	Pause	Workout #4	Workout #6	Pause	Workout #8	Pause



August

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

