

# Sommer FIT



So fit bist du! ♥

June

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
KW 22				Workout #1	Workout #2	Pause	Workout #3
KW 23	Workout #4	Pause	Workout #5	Workout #6	Pause	Workout #7	Workout #8
KW 24	Pause	Workout #9	Workout #10	Pause	Workout #1	Workout #3	Pause
KW 25	Workout #5	Workout #7	Pause	Workout #9	Pause	Workout #10	Workout #2
KW 26	Pause	Workout #4	Workout #6	Pause	Workout #8	Pause	Workout #1



July

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
KW 27	Pause	Workout #2	Workout #3	Pause	Workout #4	Workout #5	Pause
KW 28	Workout #6	Pause	Workout #7	Workout #8	Pause	Workout #9	Workout #10
KW 29	Pause	Workout #1	Pause	Workout #3	Workout #5	Pause	Workout #7
KW 30	Workout #9	Pause	Workout #2	Workout #4	Pause	Workout #6	Workout #8
KW 31	Workout #10						

