

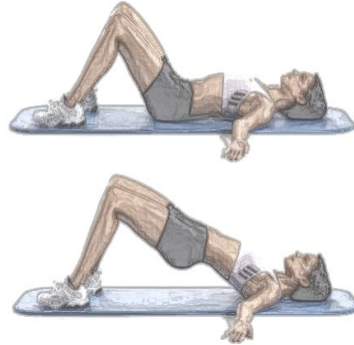
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Mon: Bubble Butt Day

- Glute Bridges
- Left Clams
- Right Clams
- Bridge Hold
- Donkey Kicks

45 Seconds Each Rest for 1 Minute 2 Sets Total



*OXWH %ULGJHV

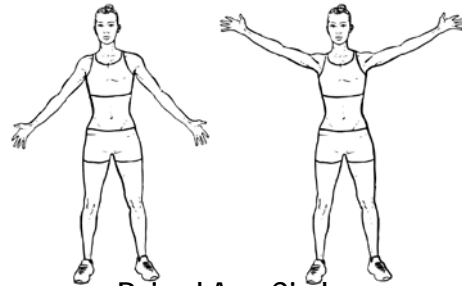
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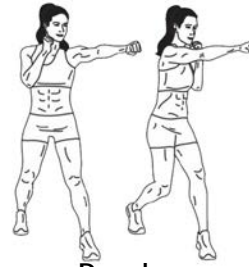
Tue: Sexy Arms Day

- Arm Chops
- Wall Pushes
- Single Arm Rows - Left
- Single Arm Rows - Right
- Tricep Dips
- Half Pushups

30 Seconds Each Rest For 1 Minute 2 Sets Total



Raised Arm Circles



Punches

Wed: 6 Packs Abs Day

- Sit ups
- Leg Drops
- Scissors
- Elbow Plank

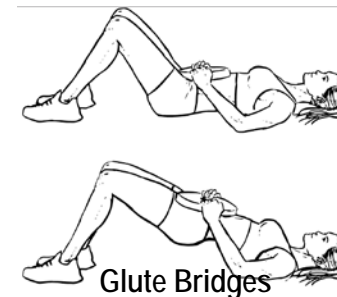
30 Seconds Each Rest For 1 Minute 2 Sets in Total



Squats



Side Kicks



Glute Bridges



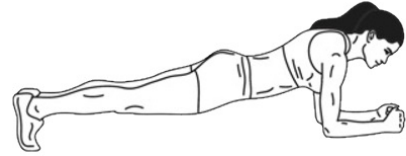
Lunges

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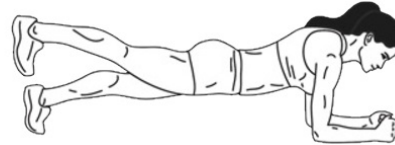
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Thur: Fat Buring Day

- Air Squats
 - Half Jacks
 - Lunges
 - Burpees
- 30 Seconds Each Rest for 1 Minute 2 Sets Total



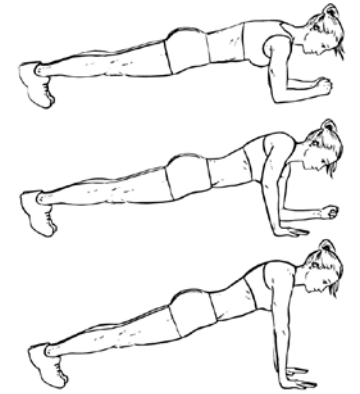
Elbow Plank



1 Leg Elbow Plank



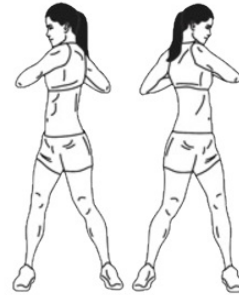
Side Plank



Up & Down Plank

Fri: Tiny Waist Day

- Full Plank
 - Up and Down Plank
 - Elbow Plank
 - Russian Twists
 - Jumping Jacks
- 30 Seconds Each Rest for 1 Minute 2 Sets Total



Twists

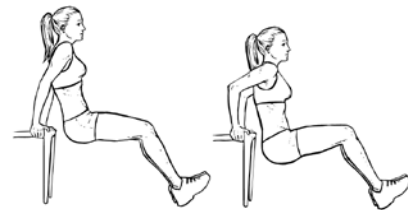


Knee to Elbows

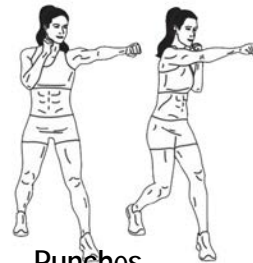
Sat & Sun
REST!

Mon: Hot Legs Day

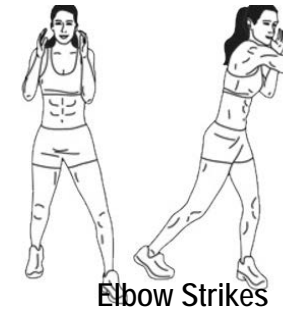
- Toe Touch Squats
 - Curtsy Lunges
 - Squat Pulses
 - Step Jacks
 - Wall Sit
- 45 Seconds Each Rest for 1 Minute 2 Sets Total



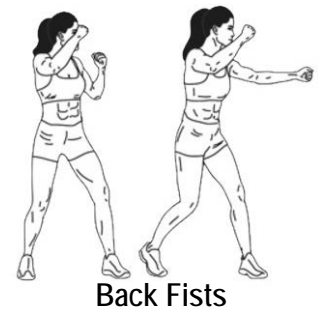
Tricep Dips



Punches



Elbow Strikes



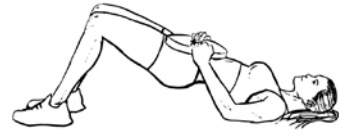
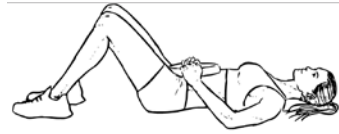
Back Fists

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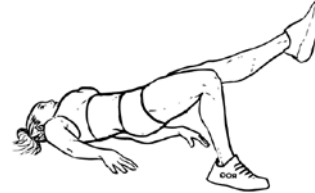
Tue: Bye Bye Back Fat Day

- Bentover Rows - Left
- Bentover Rows - Right
- Burpees
- Arm Flys - Standing
- Jumping Jacks
- Arm Flys - Bentover
- Burpees

30 Seconds Each Rest for 1 Minute 2
Sets Total



Glute Bridges



Single Leg Bridge



Lunges

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Wed: Fat Burning Day

- Air Squats
- Half Jacks
- 30 high knees
- Lunges
- Burpees
- High Knees

30 Seconds Each Rest for 1 Minute 2
Sets Total



High Knees



Burpee with Jump



A Special Note

Thank you for downloading this free workout guide. I hope you found it helpful.
If so, please consider shopping my online shop at <http://www.kobokofitness.com/fitness-shop>
With your help, I can continue to make free workout plans for everyone to enjoy.

With love,
Kola