











LOOP SERIES



Date : May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							
							
	ROUND 2 OF LOOP						



2 week series that you can repeat once or twice, in a loop.



30 minutes long (except Abs and Stretches - 12 minutes)



Minimal equipment : dumbbells, bench or chair and loop band

It's always fun to mix things up, but it's also important to redo the same exercises or even same workouts in order to get stronger (progressive overload).

In this series, you'll see Pyramid workouts and Abs and Stretches, which is different from other series.



The timer varies from 50 to 20 sec. depending on the workout, or even the exercise.

