







PRESENT SERIES

 Date : December 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|-----|---|-----|--|-----|-----|
|  Day 1 Leg Day | |  Day 2 Upper Body | |  Day 3 Full Body | | |
|  Day 4 Leg Day | |  Day 5 Upper Body | |  Day 6 Full Body | | |


 2 week series

 20 minutes long

 Minimal equipment : dumbbells, bench or chair and loop band

6 exercises + 1 go-to exercise = 20 minutes

the go-go exercise is the same throughout the workout.

 *Timer is 40 sec. work + 20 sec. rest. Go-to exercise is 30 sec.*