

Leonies Home - 30 Tage Fitness mit BeFit (extreme+ab+butt)

| | Tag 1 | Tag 2 | Tag 3 | Tag 4 | Tag 5 | Tag 6 | Tag 7 |
|-------------------------------------|---|--|---|--|---|--|--|
| Woche 1 | Leg, Thigh and Butt | Rest | Total Body Weight Loss | Rest | Fat Burning and Abs | Total Body Weight Loss | Rest |
| | Ab Strenght 1 Shred | Ab Cardio Amrap | Ab Strenght 2 Rock Hard | Rest | Ab Power 1 Ripped | Ab Cardio 2 Circuit | Ab Power 2 Hardcore Training |
| | Butt 1 Tone up | Butt Cardio 1 Boot Camp | Butt 2 Booty Booster | Rest | Butt 3 Firm Extreme | Butt Cardio 2 Fat Burning | Butt 4 Dance Fit |
| Woche 2 | Tag 8 | Tag 9 | Tag 10 | Tag 11 | Tag 12 | Tag 13 | Tag 14 |
| | Leg, Thigh and Butt | Rest | Total Body Weight Loss | Rest | Fat Burning and Abs | Total Body Weight Loss | Rest |
| | Rest | Ab Power 3 Tone up | Ab Cardio 3 Fat Burn | Ab Power 4 Pilates | Ab Cardio 4 Extreme Burn | Rest | Ab Strenght 1 Shred + Ab Cardio 1 Amrap |
| Woche 3 | Rest | Butt 5 Sexy Beach Body | But Cardio 3 Tabata | Butt 6 Yoga | Butt Cardio 4 Brazilian Booty | Rest | Butt 1 Tone up + Butt Cardio 1 Boot Camp |
| | Tag 15 | Tag 16 | Tag 17 | Tag 18 | Tag 19 | Tag 20 | Tag 21 |
| | Leg, Thigh and Butt | Rest | Total Body Weight Loss | Rest | Fat Burning and Abs | Total Body Weight Loss | Rest |
| Woche 4 | Ab Strenght 2 Rock Hard | Ab Power 1 Ripped + Ab Cardio 2 Circuit | Rest | Ab Power 2 Hardcore + Ab Cardio 3 Fat Burn | Ab Power 3 Tone up | Ab Power 4 Pilates + Ab Cardio 4 Extreme burn | Rest |
| | Butt 2 Booty Booster | Butt 3 Firm Extreme + Butt Cardio 2 Fat Burning | Rest | Butt 4 Dance Fit + Butt Cardio 3 Tabata | Butt 5 Sexy Beach Body | Butt 6 Yoga + Butt Cardio 4 Brazilian Booty | Rest |
| | Tag 22 | Tag 23 | Tag 24 | Tag 25 | Tag 26 | Tag 27 | Tag 28 |
| Leg, Thigh and Butt | Rest | Total Body Weight Loss | Rest | Fat Burning and Abs | Total Body Weight Loss | Rest | Rest |
| Woche 5 | Ab Strenght 1 Shred | Ab Strenght 2 Rock Hard + Ab Cardio 1 Amrap | Ab Power 1 Ripped | Ab Power 2 Hardcore + Ab Cardio 2 Circuit | Rest | Ab Power 3 Tone up + Ab Cardio 3 Fat Burn | Ab Strenght 1 Shred + Ab Power 1 Ripped + Ab Cardio 4 Extreme Burn |
| | Butt 1 Tone up | Butt 2 Booty Booster + Butt Cardio 1 Boot Camp | Butt 3 Firm Extreme | Butt 4 Dance Fit + Butt Cardio 2 Fat Burning | Rest | Butt 5 Sexy Beach Body + Butt Cardio 1 Boot Camp | Butt 1 Tone up + Butt 3 Firm Extreme + Butt Cardio Brazilian Booty |
| | Tag 29 | Tag 30 | Vorher-Nachher | | | | |
| Woche 5 | Leg, Thigh and Butt | Rest | Brust: | Taille: | Hüfte: | Oberschenkel: | Waade: |
| | Ab Strenght 2 Rock Hard | Ab Power 3 Tone up | | | | | |
| | Butt 2 Booty Booster + Butt 4 Dance Fit + Butt Cardio 1 Boot camp | Butt 5 Sexy Beach Body + Butt 6 Yoga + Butt Cardio 2 Fat Burning | | | | | |