

Leonies Home - 30 Tage Fitness mit Youtube (Cardio+Kraft+ab+butt)

	Tag 1	Tag 2	Tag 3	Tag 4	Tag 5	Tag 6	Tag 7
Woche 1	Hometrainer/Laufband	Jillian Michaels Kickboxing – 25´	Rest	Tae bo Amped – 42´		Hometrainer/Laufband	Rest
	Jeanette Jenkins A – 38´	Jillian Michaels 6 week six pack – 35´		HIIT für den Bauch – 22´	Core Body Circuit – 40´	Jeanette Jenkins B – 38´	Rest
					Gilad Buns – 8´		Rest
Woche 2	Tag 8	Tag 9	Tag 10	Tag 11	Tag 12	Tag 13	Tag 14
	Hometrainer/Laufband	Kettlebell Til you drop – 40´	Rest	HIIT Cardio + Abs – 60´		Hometrainer/Laufband	Rest
	Abs of Envy – 21´				Kenpo Cardio Kickboxing – 47´	Jump Rope Weight Loss – 20´	Rest
							Rest
Woche 3	Tag 15	Tag 16	Tag 17	Tag 18	Tag 19	Tag 20	Tag 21
	Upper Body Tabata – 58´	30 days Shred 3 – 30´	Rest	Lower Body Toning – 56´		Hometrainer/Laufband	Rest
		Sexy Legs and Butt – 20´			Jump Rope – 27´	Jillian Michaels 6 week six pack – 35´	Rest
							Rest
Woche 4	Tag 22	Tag 23	Tag 24	Tag 25	Tag 26	Tag 27	Tag 28
	Hometrainer/Laufband	Jeanette Jenkins A – 38´	Rest	Jeanette Jenkins B – 38´		Tae bo Advance – 57´	Rest
	Cadio Kickboxing – 40´			Abs mit den Tubes – 30´	Jump Rope – 31´		Rest
							Rest
Woche 5	Tag 29	Tag 30	Tag 31			Kettlebell 2	Kraft 6
	Hometrainer/Laufband	J. Michaels Banish Fat – 55´	Rest			Bodylastics 2	Butt 2
	Kettlebell Workout – 12´					Jump Rope 3	Abs 7
					Tae bo 2	Cardio 6	