

Leonies Home – 4 Wochen Workoutplan (viel Cardio+ab+butt)

	Tag 1	Tag 2	Tag 3	Tag 4	Tag 5	Tag 6	Tag 7
Woche 1	Rest	Cardio Tai Box (10')	Rest	Tabata Cardio (10')	Rest	Crossfit with weights (10')	Rückenübungen (12')
	Rest	10 min ab burner (10')	Rest	Ab conditioning (12')	Rest	Abs toning (23')	Abs von Fitappy (10')
	Rest	Tone inner thighs (8')	Rest	Booty & lower abs (10')	Rest	-	Sexy rounded butt (10')
	Tag 8	Tag 9	Tag 10	Tag 11	Tag 12	Tag 13	Tag 14
Woche 2	Rest	Fine toning arms (8')	Rest	Moves for killer back (8')	Rest	Full body (10')	Tone up your arms (6')
	Rest	Abs of Envy (21')	Rest	Sunkissed abs (8')	Rest	Firm & flat belly (19')	BeFit Circuit 2 (11')
	Rest	Inner thigh toning (9')	Rest	BeFit cardio tabata (10')	Rest	Sexy legs of Envy (5')	Legs with Mel B (10')
	Tag 15	Tag 16	Tag 17	Tag 18	Tag 19	Tag 20	Tag 21
Woche 3	Rest	Cadio burn with Mel B (15')	Rest	Tabata Cardio (20')	Rest	Cardio – how to lose weight (10')	-
	Rest	100 situps with weights (8')	Rest	-	Rest	Bikini arms of Envy (17')	Flat & firm stomach (19')
	Rest	BeFit cardio fat burning (10')	Rest	Best for butt & thighs (11')	Rest	Love your booty (10')	Lift & tone booty (12')
	Tag 22	Tag 23	Tag 24	Tag 25	Tag 26	Tag 27	Tag 28
Woche 4	Rest	-	Rest	Arms with Mel B (11')	Rest	Cardio & core (10')	Jillian Michaels Kickboxing (25')
	Rest	BeFit Tone up 3 (10')	Rest	Ab exercises (16')	Rest	BeFit extreme burn 4 (6')	-
	Rest	Inner thigh (20')	Rest	Buns of Envy (20')	Rest	Sexy legs & butt of Envy (20')	-

