



# Kickstart Home Workout Plan

<p>Tag 1 <input type="checkbox"/></p> <p>Warm Up</p> <p>Workout von Kopf bis Fuß</p> <p>Bauch Burner</p> <p>Stretch &amp; Relax</p>	<p>Tag 2 <input type="checkbox"/></p> <p>Warm Up</p> <p>Effektives Fullbody Training</p> <p>Upper Body Workout</p> <p>Stretch &amp; Relax</p>	<p>Tag 3 <input type="checkbox"/></p> <p>Warm Up</p> <p>Strong Back &amp; Arms</p> <p>Core Intensiv</p> <p>Butt Lifting &amp; Legs</p> <p>Stretch &amp; Relax</p>	<p>Tag 4</p> <p>RESTDAY</p>	<p>Tag 5 <input type="checkbox"/></p> <p>Warm Up</p> <p>Effektives Fullbody Training</p> <p>Bauch Burner</p> <p>Stretch &amp; Relax</p>	<p>Tag 6 <input type="checkbox"/></p> <p>Warm Up</p> <p>Strong Back &amp; Arms</p> <p>Core Intensiv</p> <p>Burning Butt &amp; Legs</p> <p>Stretch &amp; Relax</p>	<p>Tag 7</p> <p>RESTDAY</p>
<p>Tag 8 <input type="checkbox"/></p> <p>Warm Up</p> <p>Ganzkörper Power Workout</p> <p>Bauch Burner</p> <p>Burning Butt &amp; Legs</p> <p>Stretch &amp; Relax</p>	<p>Tag 9 <input type="checkbox"/></p> <p>Warm Up</p> <p>Effektives Fullbody Training</p> <p>Core Intensiv</p> <p>Stretch &amp; Relax</p>	<p>Tag 10 <input type="checkbox"/></p> <p>Warm Up</p> <p>Workout von Kopf bis Fuß</p> <p>Strong Back &amp; Arms</p> <p>Stretch &amp; Relax</p>	<p>Tag 11</p> <p>RESTDAY</p>	<p>Tag 12 <input type="checkbox"/></p> <p>Warm Up</p> <p>Ganzkörper Power Workout</p> <p>Core Intensiv</p> <p>Butt Lifting &amp; Legs</p> <p>Stretch &amp; Relax</p>	<p>Tag 13 <input type="checkbox"/></p> <p>Warm Up</p> <p>Effektives Fullbody Training</p> <p>Upper Body Workout</p> <p>Burning Butt &amp; Legs</p> <p>Stretch &amp; Relax</p>	<p>Tag 14</p> <p>RESTDAY</p>
<p>Tag 15 <input type="checkbox"/></p> <p>Warm Up</p> <p>Workout von Kopf bis Fuß</p> <p>Core Intensiv</p> <p>Burning Butt &amp; Legs</p> <p>Strong Back &amp; Arms</p> <p>Stretch &amp; Relax</p>	<p>Tag 16 <input type="checkbox"/></p> <p>Warm Up</p> <p>Effektives Fullbody Training</p> <p>Bauch Burner</p> <p>Stretch &amp; Relax</p>	<p>Tag 17 <input type="checkbox"/></p> <p>Warm Up</p> <p>Ganzkörper Power Workout</p> <p>Core Intensiv</p> <p>Burning Butt &amp; Legs</p> <p>Stretch &amp; Relax</p>	<p>Tag 18</p> <p>RESTDAY</p>	<p>Tag 19 <input type="checkbox"/></p> <p>Warm Up</p> <p>Effektives Fullbody Training</p> <p>Ultimatives Kickstart Workout</p> <p>Stretch &amp; Relax</p>	<p>Tag 20</p> <p>RESTDAY</p>	<p>Tag 21 <input type="checkbox"/></p> <p>Warm Up</p> <p>Ganzkörper Power Workout</p> <p>Upper Body Workout</p> <p>Burning Butt &amp; Legs</p> <p>Stretch &amp; Relax</p>
<p>Tag 22 <input type="checkbox"/></p> <p>Warm Up</p> <p>Workout von Kopf bis Fuß</p> <p>Ultimatives Kickstart Workout</p> <p>Stretch &amp; Relax</p>	<p>Tag 23 <input type="checkbox"/></p> <p>Warm Up</p> <p>Ganzkörper Power Workout</p> <p>Bauch Burner</p> <p>Burning Butt &amp; Legs</p> <p>Stretch &amp; Relax</p>	<p>Tag 24</p> <p>RESTDAY</p>	<p>Tag 25 <input type="checkbox"/></p> <p>Warm Up</p> <p>Workout von Kopf bis Fuß</p> <p>Core Intensiv</p> <p>Butt Lifting &amp; Legs</p> <p>Strong Back &amp; Arms</p> <p>Stretch &amp; Relax</p>	<p>Tag 26 <input type="checkbox"/></p> <p>Warm Up</p> <p>Effektives Fullbody Training</p> <p>Core Intensiv</p> <p>Stretch &amp; Relax</p>	<p>Tag 27</p> <p>RESTDAY</p>	<p>Tag 28 <input type="checkbox"/></p> <p>Warm Up</p> <p>Upper Body Workout</p> <p>Core Intensiv</p> <p>Ultimatives Kickstart Workout</p> <p>Stretch &amp; Relax</p>