

Kickstart

LAUFMAMALAUf Wochenplan

Tag 1	Optional Warm up Routine	Workout von Kopf bis Fuß	Bauch Burner	Optional Stretch & Relax	
Tag 2	Optional Warm up Routine	Effektives Fullbody Workout	Upper Body Workout	Optional Stretch & Relax	
Tag 3	Optional Warm up Routine	Strong Back & Arms	Core Intensiv	Butt Lifting & Legs	Optional Stretch & Relax
Tag 4	Rest Day				
Tag 5	Optional Warm up Routine	Effektives Fullbody Workout	Bauch Burner	Optional Stretch & Relax	
Tag 6	Optional Warm up Routine	Strong Back & Arms	Core Intensiv	Burning Butt & Legs	Optional Stretch & Relax
Tag 7	Rest Day				
Tag 8	Optional Warm up Routine	Ganzkörper Power Workout	Bauch Burner	Burning Butt & Legs	Optional Stretch & Relax
Tag 9	Optional Warm up Routine	Effektives Fullbody Workout	Core Intensiv	Stretch & Relax	
Tag 10	Optional Warm up Routine	Workout von Kopf bis Fuß	Strong Back & Arms	Stretch & Relax	
Tag 11	Rest Day				
Tag 12	Optional Warm up Routine	Ganzkörper Power Workout	Core Intensiv	Butt Lifting & Legs	Optional Stretch & Relax
Tag 13	Optional Warm up Routine	Effektives Fullbody Workout	Upper Body Workout	Burning Butt & Legs	Optional Stretch & Relax
Tag 14	Rest Day				
Tag 15	Optional Warm up Routine	Workout von Kopf bis Fuß	Core Intensiv	Burning Butt & Legs	Strong Back & Arms
Tag 16	Optional Warm up Routine	Effektives Fullbody Workout	Bauch Burner	Stretch & Relax	
Tag 17	Optional Warm up Routine	Ganzkörper Power Workout	Core Intensiv	Burning Butt & Legs	Optional Stretch & Relax
Tag 18	Rest Day				
Tag 19	Optional Warm up Routine	Effektives Fullbody Workout	Kickstart Workout	Stretch & Relax	
Tag 20	Rest Day				
Tag 21	Optional Warm up Routine	Ganzkörper Power Workout	Upper Body Workout	Burning Butt & Legs	Optional Stretch & Relax
Tag 22	Optional Warm up Routine	Workout von Kopf bis Fuß	Kickstart Workout	Stretch & Relax	
Tag 23	Optional Warm up Routine	Ganzkörper Power Workout	Bauch Burner	Burning Butt & Legs	Optional Stretch & Relax
Tag 24	Rest Day				
Tag 25	Optional Warm up Routine	Workout von Kopf bis Fuß	Core Intensiv	Butt Lifting & Legs	Strong Back & Arms
Tag 26	Optional Warm up Routine	Effektives Fullbody Workout	Core Intensiv	Stretch & Relax	
Tag 27	Rest Day				
Tag 28	Optional Warm up Routine	Upper Body Workout	Core Intensiv	Kickstart Workout	Optional Stretch & Relax