

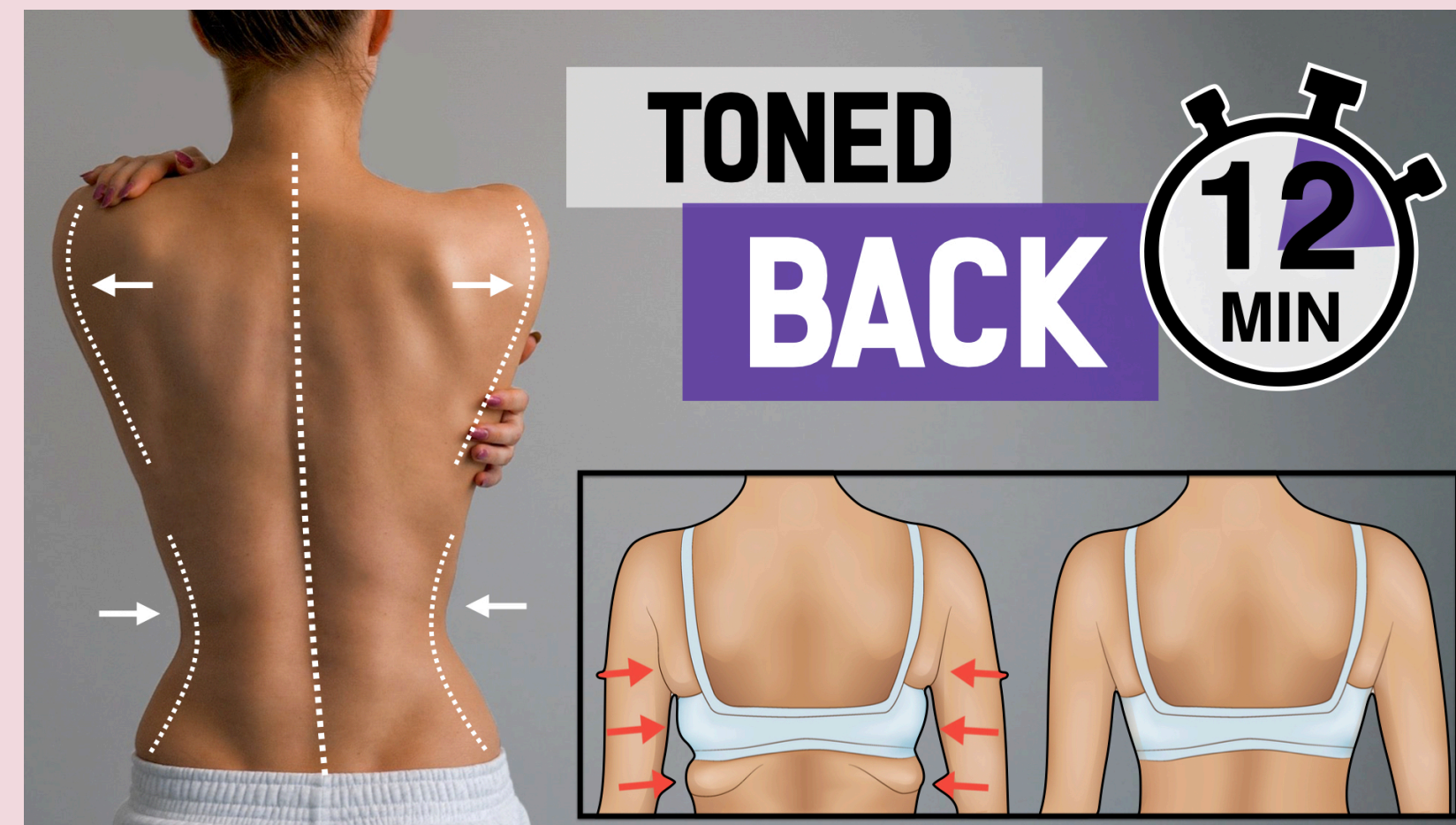
# DECEMBER WEEK 4

GETFITBYIVANA

## With Weights

MON 19TH

12 MIN



10 MIN



THU 22ND



XMAS SPECIAL  
BOOTY WORKOUT

13 MIN



TUE 20TH

12 MIN



12 MIN



FRI 23RD

ACTIVE  
REST

SAT 24TH

12 MIN



XMAS SPECIAL  
BOOTY WORKOUT

WED 21ST

15 MIN



12 MIN



SUN 25TH

MERRY CHRISTMAS!

