

MAY WEEK 3

No Equipment

MON 16TH

15 MIN



5 MIN



FRI 20TH

25 MIN



TUE 17TH

15 MIN



20 MIN



WED 18TH

ACTIVE
REST

SAT 21ST

NEW
VIDEOBUBBLE BUTT
CHALLENGE

20 MIN



THU 19TH

18 MIN



SUN 22ND

25 MIN

