

MAY WEEK 4

With Weights

MON 23RD

35 MIN



12 MIN



FRI 27TH

20 MIN



(Optional)

5 MIN



TUE 24TH

ACTIVE
REST

WED 25TH

20 MIN



8 MIN



SAT 28TH

ACTIVE REST

THU 26TH

25 MIN



SUN 29TH

20 MIN



8 MIN

