

SEPTEMBER WEEK 2

No Equipment

MON 5TH

10 MIN



7 MIN



FRI 9TH

13 MIN



15 MIN



TUE 6TH

20 MIN



SAT 10TH

13 MIN



7 MIN



WED 7TH

15 MIN



12 MIN



THU 8TH

ACTIVE
REST

SUN 11TH

NEW
VIDEO

INSTANT BOOTY
PUMP

15 MIN

