GETFITBYIVANA

MAY WEEK 1 *With Weights*

MON 2ND

30 MIN

TUE 3RD

18 MIN

12 MIN

WED 4TH

ACTIVE REST

THU 5TH

40 MIN

8 MIN

FRI 6TH

20 MIN

12 MIN

SAT 7TH

20 MIN

5 MIN

SUN 8TH

26 MIN

12 MIN