

JUNE WEEK 2

With Weights

MON 6TH

25 MIN



FRI 10TH

23 MIN



25 MIN



TUE 7TH

23 MIN



12 MIN



WED 8TH

ACTIVE
REST

SAT 11TH

25 MIN



8 MIN



THU 9TH

20 MIN



10 MIN



SUN 12TH

23 MIN



20 MIN

