

OCTOBER WEEK 2

GETFITBYIVANA

With Weights

MON 10TH

10 MIN



12 MIN



THU 13TH

15 MIN



12 MIN



TUE 11TH

25 MIN



FRI 14TH

27 MIN



8 MIN



WED 12TH

10 MIN



8 MIN



SAT 15TH
ACTIVE REST

SUN 16TH
ACTIVE REST