GETFITBYIVANA

SEPTEMBER WEEK 5

With Weights

MON 26TH

15 MIN

TUE 27TH

15 MIN

12 MIN

WED 28TH

10 MIN

10 MIN

THU 29TH

ACTIVE REST

FRI 30TH

10 MIN

12 MIN

SAT 1ST

33 MIN

SUN 2ND

14 MIN

NEW VIDEO

10 BEST AB EXERCISES