

LA KATY FOX

Workout Challenge Dezember

#thelakatyfoxchallenge

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
27	28	29	30	01	02	03
				Beyonce Butt Workout	FREI	YOGA
				LET'S START		
04	05	06	07	08	09	10
Train Insane HIIT	8 Minute Metabolism Boosting Booty Burn	4 Min Plank	Unteres Bauchfett 12 Min	Ultimate 2016 AB Workout	FREI	YOGA
11	12	13	14	15	16	17
Victoria Secret Abs	Ultimates HIIT Workout	4 Min Plank	Unteres Bauchfett 12 Min	Total Body Slim Down 2 mal 14 Min	FREI	YOGA
18	19	20	21	22	23	24
Fat Burning Cardio	Best HIIT Cardio Workout	4 Min Plank	15 Min Full Body Cardio Workout	10 Min Intense Ab Workout	FREI	YOGA
25	26	27	28	29	30	31
Unteres Bauchfett	Best Exercises for Burning Calories	4 Min Plank	Intermediate Pilates Workout	10 Minute Intense Ab Workout	FREI	YOGA
						DONE ❤️

www.lakatyfox.com