

JUNE WORKOUTS

FOUR-WEEK WORKOUT PLANNER



MON TUE WED THU FRI

WEEK 1

<u>total body_</u> <u>bootcamp</u>	<u>cardio +</u> <u>core hiit</u>	<u>live</u> <u>workout</u> <u>8am</u>	<u>arms +</u> <u>abs</u>	<u>lower</u> <u>body_</u> <u>blast</u>
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WEEK 2

<u>total body_</u> <u>dumbbell</u>	<u>barre</u> <u>legs + abs</u>	<u>live</u> <u>workout</u> <u>8am</u>	<u>pilates</u> <u>with</u> <u>weights</u>	<u>leg</u> <u>slimming</u>
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WEEK 3

<u>full body_</u> <u>dumbbell</u>	<u>pilates</u> <u>sculpt</u>	<u>live</u> <u>workout</u> <u>8am</u>	<u>arm,</u> <u>chest +</u> <u>back</u>	<u>lower</u> <u>body_</u> <u>leg sculpt</u>
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WEEK 4

<u>dumbbell</u> <u>legs + butt</u>	<u>barre</u> <u>workout</u>	<u>live</u> <u>workout</u> <u>8am</u>	<u>pilates</u> <u>arms</u>	<u>lower</u> <u>body_</u> <u>butt</u>
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