





LAST MINUTE SUMMER CAMP

MON	TUE	WED	THU	FRI	SAT	SUN
New Upload   40 Min Legs Booty 13	12 Min Tabata ABS Core 14	New Upload   30 Min Power Workout No Jumping 15	 10 Min Active Recovery 16	 30 Min Upper Body Strong Back Abs 17	30 Min Kickboxing Cardio 18	New Upload  40 Min Strong Low Impact 19
30 Min Killer Legs + Chair 20	New Upload   10 Min Lower AB Focus 21	New Upload   40 Min Power Workout All Standing 22	 20 Min Active Recovery 23	 35 Min Upper Body 24	30 Min Boxing Cardio 25	New Upload  30 Min HIIT EMOM Style 26
New Upload   40 Min Strong Legs 27	15 Min Abs All Standing 28	New Upload   40 Min High Intensity 29	 25 Min Active Recovery 30	 40 Min Upper Body Giantsets 01	30 Min Boxing Cardio 02	New Upload  60 Min Full Body Power Workout 03

KK
#EVERYDAYWARRIOR

OPTIMIZE YOUR SUMMER BODY WITH ME!
13.06.-03.07.



@FITNESSKAYKAY



@FITNESS__KAYKAY



@FITNESS__KAYKAY

