

GET READY FOR TOURING

WORKOUT CHALLENGE

T A G
01

50
SQUATS



T A G
02

30
PUSH
UPS



T A G
03

30
STAR
STEPS
PRO BEIN



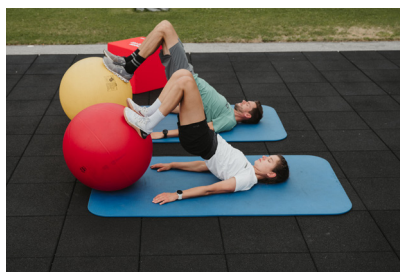
T A G
04

30
LEG
LEVERS



T A G
05

50
LEG
CURLS



T A G
06

30
STANDING
SINGLE
ARM ROWS
PRO ARM



T A G
07

REST
DAY

WOCHE 01

