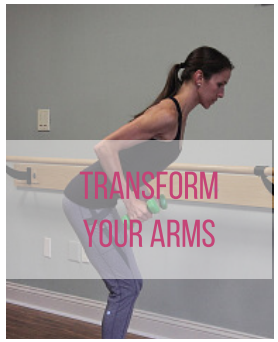
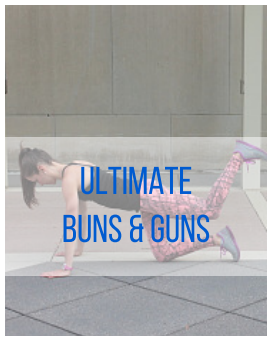
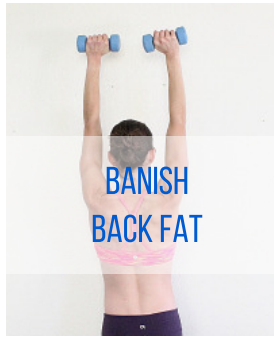
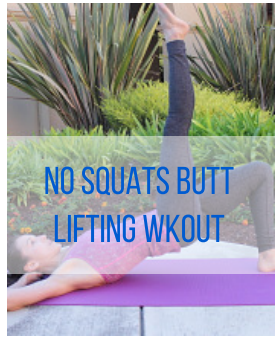
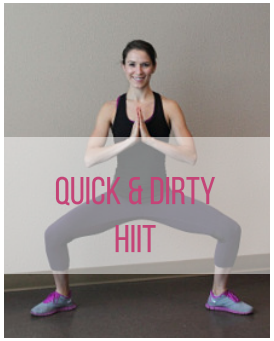
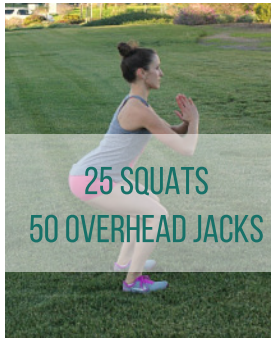
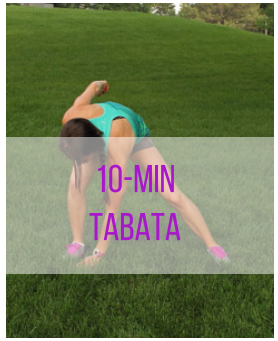
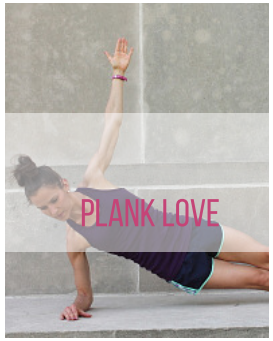
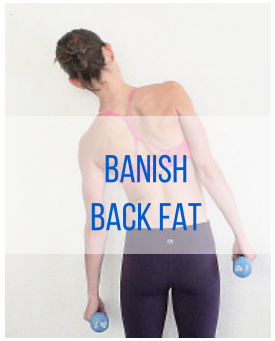
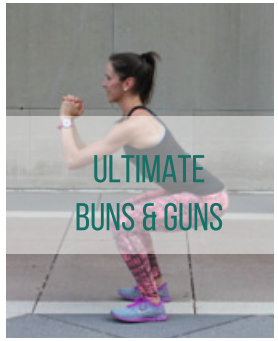
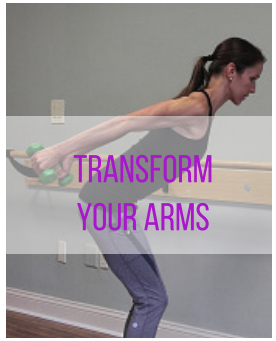
PHYSICAL Kitchness

4-week home workout calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BARR PLYO FUSION	25 BURPEES	HIIT WITH WEIGHTS	 TRANSFORM YOUR ARMS	10-MIN TABATA	PLANK LOVE	QUICK & DIRTY HIIT
 ULTIMATE BUNS & GUNS	AB SCULPTING	HEART BLAST HIIT	 BANISH BACK FAT	LOW IMPACT TOTAL BODY TONE	 NO SQUATS BUTT LIFTING WKOUT	BODY BUSTING BENCH WORKOUT
HIT WITH WEIGHTS	 QUICK & DIRTY HIIT	 25 SQUATS 50 OVERHEAD JACKS	 10-MIN TABATA	AB SCULPTING	BARRE PLYO FUSION	50 HIGH KNEES 50 BUTT KICKERS
 PLANK LOVE	BODY BUSTING BENCH WORKOUT	 BANISH BACK FAT	 ULTIMATE BUNS & GUNS	 TRANSFORM YOUR ARMS	HEART BLAST HIIT	NO SQUATS BUTT LIFTING WORKOUT