

🏋️ Your 3 Weeks Fitness Challenge 🎵👤

W
O
C
H
E

1



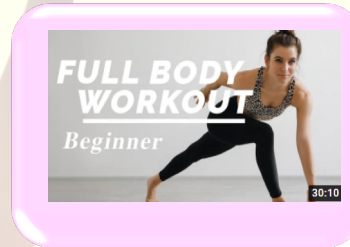
Trainingsunterlage

Check

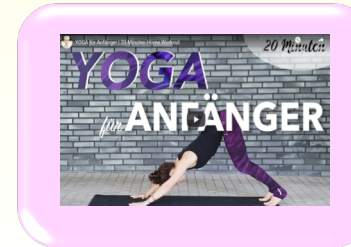


Wasserflasche

Check



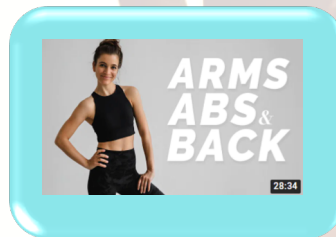
Full Body Workout für Beginner | No Equipment | mit Warm Up & Cool Down | DAY 1 - YouTube
<https://youtu.be/IMctZ4i2FRw>



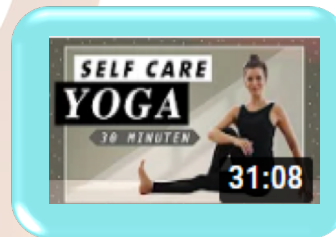
YOGA für Anfänger | 20 Minuten Home Workout - YouTube
<https://youtu.be/UErN1VLCXC0>

W
O
C
H
E

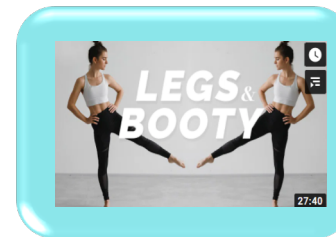
2



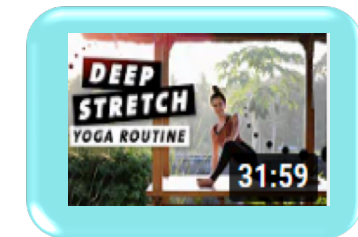
Toned Arms, Abs & Back Workout | No equipment & No repeat | With Warm Up and Stretch | DAY 6 - YouTube
<https://youtu.be/b2sdVtXNecs>



Yoga für einen gesunden Rücken | Übungen gegen Verspannungen | Self Care Routine für jeden Tag - YouTube
<https://youtu.be/5HswL9z6RgU>



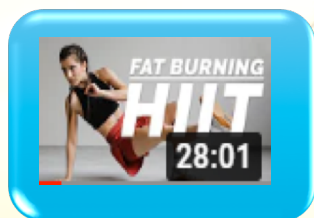
Toned Legs, Thighs & Booty | Best Home Workout for Beginner | No Repeat & No Equipment | DAY 2 - YouTube
<https://youtu.be/d-8tYmfbDs>



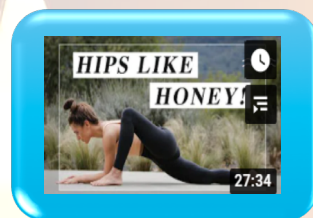
Yoga Deep Stretch Routine | Den ganzen Körper dehnen | Entspannung & Beweglichkeit - YouTube
<https://youtu.be/FUHzkAbrOlg>

W
O
C
H
E

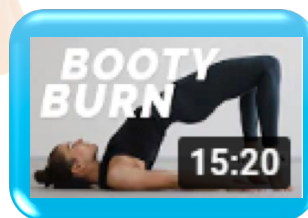
3



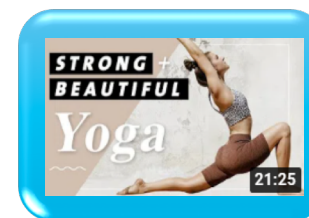
Fat Burning HIIT Workout | No equipment + No repeat | Muskulatur aufbauen, Fett verbrennen | DAY 4 - YouTube
<https://youtu.be/ZO9IG-6SYJA>



Yoga Hüftöffner für Entspannung & Beweglichkeit | Intensive Dehnung für flexible Hüften | 25 Min. - YouTube
<https://youtu.be/Abv7M1sgNiU>



15 Min. Booty Burn | Best Home Workout for your Butt | No Squats | DAY 5 - YouTube
<https://youtu.be/ajK3KMWHI60>



Yoga Ganzkörper Flow | 20 Min. Workout Mittelstufe | Fühl dich stark, fit & selbstbewusst! - YouTube
<https://youtu.be/X2GxGhOcjqQ0>

