

WEEKLY WORKOUT PLANNER



DAY
01

Full Body Workout
Beginner | Low Impact

DAY
02

CORE WORKOUT

DAY
03

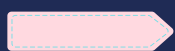
UPPER BODY DUMBBELL
WORKOUT

DAY
04

Full Body Workout
Beginner | Low Impact

DAY
05

LOWER BODY WORKOUT



Click on the name of the workout and it will lead you to the video.