

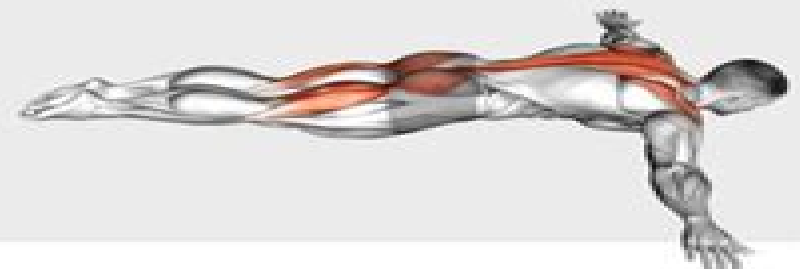
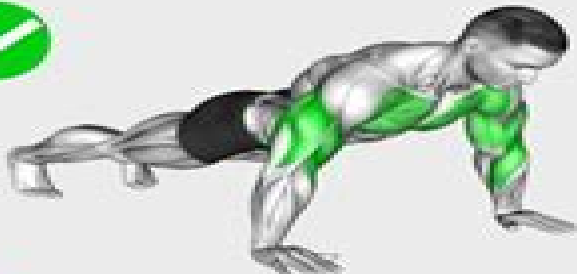
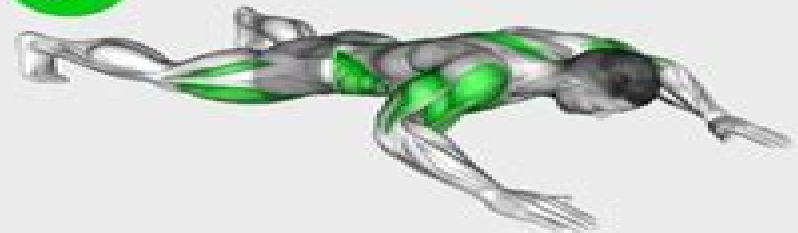
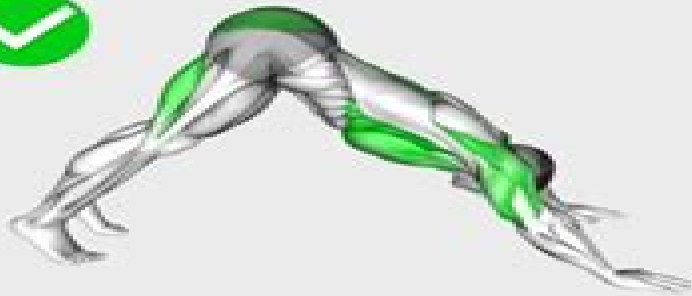
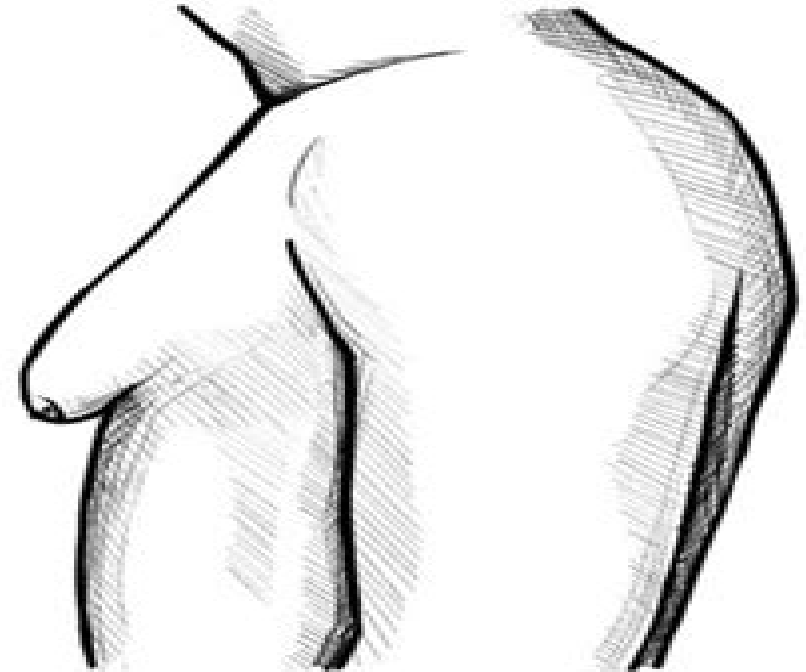
# DO THIS AT HOME

## MONDAY

- 20 SHOULDER TAPS
- 20 PLYO PUSH-UPS
- 25 LEG RAISES
- 1MIN FRONT PLANK

## TUESDAY

- 15 DUMBBELL CHEST PRESS
- 15 TRICEP KICKBACKS
- 1MIN SIDE PLANK
- 25 REGULAR SQUATS



# Fb Gym Guide

**Roman Wölfel**

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