



6 WEKEN
3 WORKOUTS PER WEEK
8 VERSCHILLENDE WORKOUTS

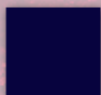
#HIITBEAUTY



XHIT - Ultimate Hiit Workout



Love Your Body™ with HIIT!
High Intensity Interval Training



HIIT Workout for Abs and Obliques -
High Intensity Interval Training Cardio & Abs



HIIT Cardio and Abs Workout -
30 Minute At Home HIIT Workout with Abs Exercises



30 Minute At Home Abs &
HIIT Cardio Workout for Fat Loss - HIIT Happens



Heartbeat Heaven HIIT Workout



Hump Day HIIT!!
High Intensity Interval Training!



Train Insane HIIT Workout!

#HIITBEAUTY



KEEP GOING,
YOU ARE
GETTING
THERE.



WEEK	WORKOUT	CHECK?
1 10 - 16 november		
		
		
2 11 - 23 november		
		
		
3 24 - 30 november		
		
		
4 1 - 7 december		
		
		
5 8 - 14 december		
		
		
6 15 - 21 december	Favoriet	
	Favoriet	
	Favoriet	