

# GLOWUP BADAN - WORKOUT PLAN

Berat: **90.0 kg** | Tinggi: **140.0 cm** | BMI: **45.92**

Kategori: **Obese**

No	Exercise & Duration
1	<b>Stairmaster</b> 30 Menit

Generated on 12 November 2025, 10:54  
GlowUp Gang - Stay Healthy! ■