

# GLOWUP BADAN - WORKOUT PLAN

Berat: 60.0 kg | Tinggi: 170.0 cm | BMI: 20.76

Kategori: Normal

No	Exercise & Duration
1	<b>Cardio - Jogging/Cycling</b> 30 menit, 3-4x/minggu
2	<b>Strength Training</b> 2-3x/minggu, 40 menit
3	<b>Yoga atau Stretching</b> 2x/minggu, 30 menit
4	<b>Plank</b> 3 set x 30-60 detik
5	<b>Push-ups</b> 3 set x 15-20 reps
6	<b>Lunges</b> 3 set x 12 reps per kaki

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GlowUp Gang - Stay Healthy! ■