

GLOWUP BADAN - WORKOUT PLAN

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

Kategori: **Normal**

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