

# CARE.LY BODY - WORKOUT PLAN

Berat: **64.0 kg** | Tinggi: **174.0 cm** | BMI: **21.14**

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